

Computer theft rocks veterans

Dept. of Veterans Affairs

The Department of Veterans Affairs has recently learned that an employee, a data analyst, took home electronic data from the VA, which he was not authorized to do. This behavior was in violation of VA policies. This data contained identifying information including names, social security numbers, and dates of birth for up to 26.5 million veterans and some spouses, as well as some disability ratings. Importantly, the affected data did not include any of VA's electronic health records nor any financial information. The employee's home was burglarized and this data was stolen. The employee has been placed on administrative leave pending the outcome of an investigation.

Appropriate law enforcement agencies, including the FBI and the VA Inspector General's office, have launched full-scale investigations into this matter. Authorities believe it is unlikely. See VA — Page 5



Armed Forces Day Run ...
See Pg.11



Retiree appreciation...
See Pg.3



Incoming commander Col. (P) David S. Elmo takes the 65th Regional Readiness Command colors from Brig. Gen. Jose M. Rosado, outgoing 65th RRC commanding general at a ceremonial change of command.

Elmo assumes command of 65th RRC

Story and photos by
Staff Sgt. John Gonzalez
65th RRC Public Affairs

FORT BUCHANAN, Puerto Rico — The 65th Regional Readiness Command witnessed the passing of an era and the dawning of a new future with the ceremonial change of command held at the 65th RRC headquarters building.

Brig. Gen. Jose M. Rosado, out-going 65th RRC commanding general, passed on the mantle of command to incoming commander Col. (P) David S. Elmo in front of the Headquarters and Headquarters Company.

The new commander, who hails originally from New York, currently lives in Havana, Cuba, where he works as a Foreign Service Officer for the U.S. Interest Section.

He has served over 21 years as a commis-

sioned officer initially in the Quartermaster Corps, eventually moving to Civil Affairs.

His educational studies include — a Bachelors of Science from Fordham University in economics, and graduate degrees from Webster University in management and Columbia University in real estate development and the U.S. Army War College in National Security Strategy.

See Elmo — Page 18

Buchanan honors Asian-Pacific Americans

Marc McCormick
El Morro Staff

Asian Pacific Heritage Month was celebrated at Fort Buchanan with a ceremony at the Community Club featuring Brig. Gen. Coral Wong Pietsch, United States Army Reserve.

Following the celebration's theme, Dreams and Challenges for Asian Pacific Americans, Pietsch spoke to the audience about the many past and current contributions of Asian-Pacific Americans to the nation.

Pietsch wove a story that started from the specific, her heritage, and then expanded her theme to the general, embracing many different Asian and Pacific cultures and the sacrifices they have made throughout our nation's history.

Her father came from China to find a better life in America. He eventually settled down in Waterloo, Iowa where he opened a restaurant he named the "OK Cafe." Pietsch's mother was of Bohemi-

an extraction and she started working in the restaurant as a waitress. Eventually, the family was blessed by the arrival of the woman who would become the first general officer in the Judge Advocate General's Corps. Before she left home, her father reminded her of a famous Chinese proverb - may you live in interesting times.

After speaking of her family, Pietsch turned her attention to the other Asian-Pacific cultures.

"I think that the Army is living in dangerous times," Pietsch said. "Terrorism knows no boundaries... it's incremental; it knows no rule of law." Pietsch outlined the heinous nature of terrorism and the human and national cost of the Global War on Terrorism.

"What have the terrorists accomplished? They have affected our lives... and altered our sensibilities concerning security." She pointed out how the effects of terrorism have affected every part of our existence — we cannot travel without intense See Asian — Page 17



Vicente Velez
Brig. Gen. Coral Wong Pietsch outlined the history, background and sacrifices of Asian-Pacific Americans on behalf of the nation during her speech at the Community Club.

FROM THE COMMANDER:



June sees a new member of the Fort Buchanan community. I take this opportunity to welcome David S. Elmo, new commander of the 65th Regional Readiness Command, who at this writing is a colonel, but nominated for brigadier general. He takes command of an important, old, and large member of the Buchanan community.

Last month the senior mission commander of this post and Forts McCoy, Dix and the Combat Support Training Center of California was nominated for and elevated to the position of Chief of the Army Reserve. Lt. Gen. Jack C. Stultz succeeds Lt. Gen. James R. (Ron) Helmly in this most important and difficult role for the Army.

On May 30, we recognized the contributions of the Asian/Pacific peoples to the United States, where in our guest speaker was Brig. Gen. Carol Pietsch. This year we have had some excellent presentations representing the diversity making up American life. We encourage all to be on the lookout for these events and to join us.

Be on the lookout for the deployment of the strategic plan of the installation. You should

begin seeing posters, cards and foldouts giving the details of that plan. Frankly, unless you are into organizational design and paths to improvement you may find it boring and uninteresting. I assure you it is rather the roadmap the garrison will follow in the coming months. It is worth a look.

Next month we should see the beginning of construction by AAFES of our new Car Care Center/Shopette/gas station. The construction will take place on the corner across from the Commissary parking lot near the Vet Clinic. The grand opening is now scheduled for February of 2007. We will all look forward to this.

Our garrison continues to face funding shortfalls this year that could soon result in the reduction or temporary curtailment of some services unless additional funding is received. This funding situation is not unique to us; rather it is a situation that exists at most installations as funding continues to resource the Global War on Terrorism as a top priority.

The garrison leadership has been aware of the potential for funding shortfalls for some time and has worked diligently to identify and plan for ways to

continue critical services while reducing some services that are less essential.

The garrison staff has aggressively taken steps to reduce expenditures that have included measures such as a garrison-wide hiring freeze, limited travel, reduced supply purchases, and only performing emergency work order repairs.

It is premature to announce when and if services would be affected, but in the event that reductions become necessary, the Garrison Public Affairs Officer and the supervisory chain will work to inform employees and our patrons of the exact measures that must be taken. While at the moment we do not see major disruption our first priority will be to maintain the workforce.

These are challenging times and the chain of command is working all available means to mitigate the impact of this situation on our employees, services, and the installation as a whole.

Armed Forces Day

This is a day to salute all the men and women in all branches in service to our country and you. They can be called upon at a moment's notice to perform a risky and perilous mission for freedom and country. They train diligently both physically and mentally so they will be prepared to prevail in any mission they face.

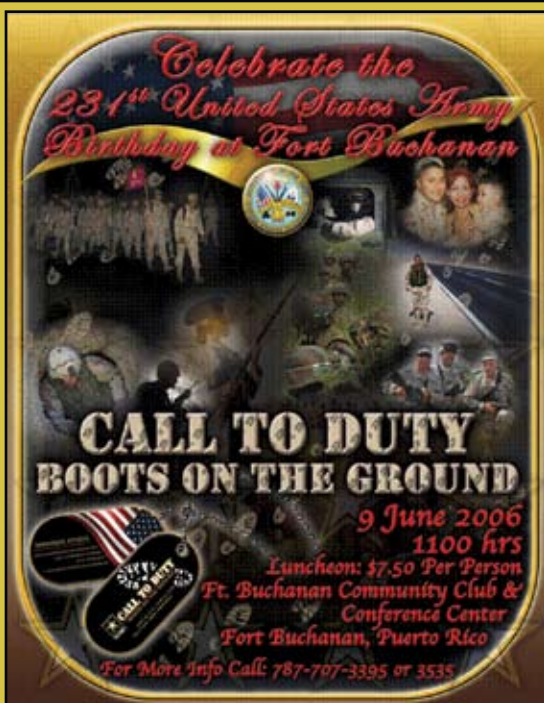
Just how did it all begin? Each branch of the military had their own day of celebration. One Aug. 31, 1949, Secretary of Defense Louis Johnson announced the celebration of the Armed Forces Day and President Harry Truman also announced the holiday in a presidential proclamation on Feb. 20, 1950. All branches of the military were asked to celebrate on this day and they complied on the first Armed Forces Day which was held the following year.

I would like to express my respect and admiration for those who serve. I am proud to serve with you. Because you are the backbone of our freedom, you are ready to defend our freedom and that of our loved ones. Thank you for your dedication, loyalty and hard work. May God bless you!

Be safe, think safe and stay safe!

Col. Stephen M. Ackman
Commanding Officer
Ft. Buchanan

June sees many
changes for Ft.
Buchanan



Antiterrorism individual protective measures

In Transit Security

Be prepared for the unexpected.

- Look for tampering. Look under and around your auto. At all times, keep your doors locked and windows rolled up. Alter routes and avoid choke points. Alternate parking places. Plan safe locations along your route.

Guard information about yourself - maintain a low profile.

- Consider wearing civilian clothing when riding on mass transit. Avoid car markings that identify you as senior ranking DoD personnel (such as general officer stars on vehicles).

Guard information terrorists can exploit.

- Always remove base stickers if you are selling or otherwise disposing of your vehicle.

Official and unofficial travel security

- Prior to travel - Ensure your Level 1 AT Training is current. Prior to travel overseas receive AOR specific threat briefing (by security officer).

- Hotel selection considerations - Select an in-

side hotel room (away from the street-side window), preferably on the 4th-10th floors. If traveling overseas, know the location of the U.S. Embassy and other safe locations where you can find refuge or assistance.

Guard information about yourself - maintain a low profile.

- Avoid use of rank or military addresses on tickets, travel documents or hotel reservations. When possible, travel on tourist passports.

- Destroy all envelopes or other items that show your name, rank, or other personal information. Instruct your family and associates not to provide strangers with information about you or your family.

- Be cautious about giving out information regarding family travel plans or security measures and procedures.

- Consider removing your name and rank on your home/military quarters. Avoid the use of your name and rank on answering machines.



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The Editor reserves right to edit all submissions and to determine the suitability for inclusion in El Morro.

Every effort will be made to publish submissions in a timely manner, however, time, layout, style and editorial considerations, as well as determinations made by the Commander or the Public Affairs Officer may determine if the submission is published.

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Retirees Appreciation Day looks at retiree issues

Marc McCormick
El Morro Staff

Each year, throughout the Department of Defense, retirees come together for a day to gather information and discuss issues affecting retirees of the armed forces. Service status is irrelevant when it comes to retiree issues even though each member maintains his own service loyalty.

This year was a good year for retiree issues and Mr. Santiago Santiago, the Fort Buchanan Retiree Service Officer kept area retirees informed on on-going changes that affect them. This year Santiago arranged for Sarita Gonzalez, a Puerto Rican and worker at Retired and Annuity Pay, DFAS, to speak to the retirees concerning the operations of her department.

First to address the group was Francisco Alicea. "This is a very special and historic day in our history. Because we come together once again to celebrate Retiree Appreciation Day," Alicea said. "One of the functions of the Retiree Services Officer is to provide the

present commander with insight to the problems and needs of the retirees of the four services."

When Gonzalez addressed the group, she talked about the operations at the retired pay service section first by saying, "To me you're not just retirees and I appreciate all you have done; not just you but also your wives and the sacrifices they have made. We just want you to know we haven't forgotten you"

The retiree pay section Gonzales works at is a huge operation - "We have 2 million retirees, 300,000 annuitants and we pay out over 3 billion dollars," Gonzalez said. "And, we get 152,000 e-mails a month," pointing out that it takes time and patience to answer everyone's inquiries.

To assist veterans, Gonzalez suggested they make use of the My Pay system. "Through My Pay you can track and make some changes to your account," she said. Following her presentation, she met with some retirees to listen to their individual requests. She also provided a list of "do's and don'ts" regarding retired pay, annuitant pay and the

Survivors Benefits Program.

Among issues addressed were customer service, timely payments, addresses, allotments, garnishments, tax levies and government debts.

There was also information guidelines for former spouse payments, taxes, VA waivers, beneficiaries and other topics that may affect retirees.

And, as an added measure, she encouraged the Army retirees to read Army Echo for updates on matters that might affect them.

Following Gonzalez, Santiago then asked the audience for any general questions they had concerning retiree matters.

Attending the day's activities were a variety of agencies who provided information about their services. Among them were — The Puerto Rico Veterans Agency, AAFES, the City of San Juan Veterans Office and the National Cemetery Administration.

Adding color to the day was the Military Vehicle Preservation Foundation which brought a variety of antique military vehicles.



Photos by Marc McCormick

Sarita Gonzalez, Retired Pay and Annuity section, Defense Finance Accounting Service, was this year's featured speaker at the annual Retiree Appreciation Day at Fort Buchanan.



(Right) Director Jose L. Hernandez, City of San Juan Veterans Office, was on hand to answer questions about island VA services. (Middle) Karla Colon assists a veteran.



(Left) Carmen Rosario, state commander, Chapter 25, Women Veterans of Puerto Rico and Awilda Torres, financial officer, provided information for women veterans.



The Fort Buchanan Exchange was represented by (left) Audrey Serrano and Angel J. Rosario. AAFES gave away several door prizes to the attendees following the formal presentations.

Post Talk

Newcomers...

Newcomers Information Fair & Tour will be July 27. For more information, call x3682.

Blood donations...

Blood donations are requested for Lillian Vazquez, wife of Jorge Del Valle, DOIM. She is currently hospitalized at Auxilio Mutuo Hospital. Donations have to be made at El Banco de Sangre across the street from Auxilio Mutuo. Hours to donate are — Monday through Sunday, 7:30 a.m. to 4:30 p.m. Donors must bring a photo ID. Remember to make donations specifically on behalf of Ms. Vazquez.

Vacancy announcement...

Border Patrol Agent positions will be open through June 26, or, until 25,000 applications have been received. On-line registrations close at midnight EST June 26. Apply through Web site www.usajobs.opm.gov or www.cpb.

gov. Locations being filled are Arizona, California, New Mexico, West and South Texas.

A-76 initiative...

Why do Army installations undergo A-76 studies?

First, (A-76) competition is initiated by the Installation Management Agency in order to support and meet the requirements of the President's Management Agenda.

Secondly, IMA is seeking to make the operation of Army installations more efficient through competition with the private sector.

Finally, Competitive Sourcing initiatives are being performed to free up resources for other Army priorities through savings generated from public-private competitions for non-core functions using the OMB circular A-76 process consistent with existing statutory authorities, i.e., permitted by law.

More information related to A-76 will be printed in El Morro.

For additional information, call Maria Richa at 707-2730.

Tree removal...

Tree removal from the Post office site was recommended due to sewer and water line damage; damage to drive ways and curves and roof damage from the branches.

Kindergarten Camp...

Is your child going into the 1st grade in 2006? If you are eligible for Child Youth Services (school age) services at Fort Buchanan, don't miss this opportunity!

For the first time, CYS is offering a summer camp tailored to those kids finishing Kindergarten and moving up to 1st grade.


There will be developmental activities and field trips targeted to their ages.

15 kids are needed to make the camp a reality.

For more information, call 707-3787/3434.

Announcement Notice...

Announcements to appear in El Morro can be sent to — raymond.mccormick@buchanan.army.mil. and will run on a space available basis.



Fort Buchanan Army Career & Alumni Program

ACAP TAP Workshop

12, 13, 14 & 15 JUNE 2006
0730-1600 hrs
at the Fort Buchanan
Training Center Classroom, Bldg. 511

The Transition Assistance Program (TAP) seminars provide information that facilitates moving from the military to the civilian world.

If you are within two years of retirement or one year to ETS, contact Mr. Griffin at the ACAP Office to reserve your seats:

JAG, Buchanan students celebrate Law Day 2006

Capt. Jonathan Persons Ft. Buchanan Legal Office

In recognition of Law Day 2006, various on-post agencies joined together to raise awareness among youngsters of how laws and the justice system impact upon the community. Law Day, which is held on or around May 1 every year, underscores how law and the legal process have contributed to the freedoms that all Americans share. While Law Day has been celebrated nation-wide since 1958, it was first celebrated on Fort Buchanan in 1992 when then Capt. Graham Castillo organized the first program.

Fourteen years later, now Lt. Col., Castillo serves as the Staff Judge Advocate for the 166th Area Support Group, as well as a civilian attorney employed by the Installation Legal Office. Castillo was mobilized on Sept. 11, 2004 and deployed to Iraq with the 166th ASG as the Garrison Staff Judge Advocate of the Victory Base Complex, the largest Army base in Iraq. For exceptionally meritorious service during this deployment, Castillo received the Bronze Star Medal. Castillo has also been selected for promotion to colonel.

In addition to these military honors, Castillo received the Award of Excellence for a Distinguished Veteran from the Governor of Puerto Rico, Anibal Acevedo Vilá, through the Commonwealth's Veteran's Ombudsman Mr. Luis R. Ramos, for over 20 years of selfless contributions to veterans. The Commonwealth's Senate also presented Castillo with an Award Certificate and a proclamation recognizing his accolades and many social contributions on behalf of Soldiers' family members and veterans. Additionally, the Puerto Rico Bar Association named Castillo Distinguished Veteran Attorney of 2005 together with two other members of the bar association.

"I graduated from Antilles High School in 1977, so I consider it a great honor to be able to give back to the school that gave me so much," Castillo said. "I just hope that this annual event helps to foster in some of today's students the same love of country that I feel."

Every year the American Bar Association selects a theme that all participating organizations adopt. The theme for this year was "Liberty Under Law: Separate Branches, Balanced Powers."

"It is important that all Americans understand

what the Founders intended and accomplished in creating a government of separate powers," said Capt. Jonathan Persons, Installation Legal Office 2006 event coordinator. "Law Day programs are designed to help people, specifically youngsters, understand how law keeps us free and how our legal system strives to achieve justice. This year's theme shows how the branches represent separate powers but together form a dynamic system that works for the common good."

One of the highlights of this year's commemoration was a mock trial conducted by Antilles High School students. The student-run trial focused on the case of *Andrews v. Springville School System*, a lawsuit brought against a local school system by the parents of a high school girl who had been refused a tryout for the boys' soccer team. The program took place May 1 in the Antilles High School auditorium with Castillo presiding as judge. Lt. Col. Mark Nozaki, Fort Buchanan Staff Judge Advocate, and Capt. Persons were on-hand to review details of the presentation.

"The students did an excellent job in presenting this Mock Trial," Nozaki said. "It's obvious they took the task seriously and put much time into preparation. Hopefully this event has sparked an interest in studying law in some of the participants."

A series of age-appropriate contests for students were also held at each school on post. Sponsored by the Installation Legal Office, these included a poster contest at the elementary school; a collage contest at the intermediate school; an essay contest at the middle school; and a photography contest at the high school.

Awards, which included certificates of achievement, bowling passes, food vouchers, water bottles, pens and pencils, were presented to first, second and third place winners for each contest.

The awards were made possible through the generosity of the Army and Air Force Exchange Service and the Directorate of Morale, Welfare and Recreation.

In addition to the school-based programs, the Installation Legal Office, along with the Directorate of Emergency Services, co-sponsored the 4th Law Day Golf Tournament, which was well-attended by members of the various Federal law-enforcement agencies located on Puerto Rico.



3rd Grade Winner

3rd Grade Winner: Capt. Persons and Ruben Ortiz, Antilles Intermediate School Activities Coordinator, stand with Ana Vicens, third-grade winner of the 2006 Law Day collage contest.



5th Grade Winners

5th Grade Winner: Kimberly Ortiz, fifth-grade winner of the 2006 Law Day collage contest, accepts her award from Daisy Schneider, Antilles Intermediate School Assistant Principal, Capt. Persons, David Sanabria, AIS Principal, and Ruben Ortiz, AIS Activities Coordinator.

(Lower right) 4th Grade Winners: Daisy Schneider, Antilles Intermediate School Assistant Principal, Capt. Persons, David Sanabria, AIS Principal, and Ruben Ortiz, AIS Activities Coordinator, proudly acknowledge the fourth-grade winners of the 2006 Law Day collage contest (From left): Stephanie Dawson (Third Place), Alonso Rodriguez (Second Place) and Ally Langevin (First Place).



AMS Winners

AMS Winners: Joseph Frattallone, Installation Legal Office Chief of Claims, stands with the winners of the 2006 Law Day essay contest from the Antilles Middle School (from left to right): Glorymar Colon (Third Place), Danny Mendez (First Place) and Yovanska Maria Torres (Second Place).



Antilles school system 2006 Law Day student winners



4th Grade Winners



Courtesy Photos

1st Grade Winners: Capt. Jonathan Persons presented first-graders at Antilles Elementary School with awards for the 2006 Law Day poster contest. From left are Sabrina Gomez (Second Place), Carolina Ramos and Daysla Yero (Tie - Third Place) and Nicole M. Pedroza (First Place).



2nd Grade Winners: Persons presented second-graders at Antilles Elementary School with awards for the 2006 Law Day poster contest. From left are Laura Reymundi (First Place), Ashley Guzman (Second Place) and Noe Vera (Tie - Third Place). Not pictured is Gabriela Pagán (Tie - Third Place).



Winners of the 2006 Law Day photography competition at Antilles High School are (from left to right): Stephanie Rivera (Third Place), Gabriela Fayó (Second Place) and Anghela Moreno (First Place)

Guard support at border not new concept officials say

Sgt. Sara Wood, USA
Amer. Forces Press Service

WASHINGTON — The National Guard has supported operations at the U.S. southern border for years, and the new plan announced by President Bush last night will simply expand those operations, Defense Department officials said here today.

"The National Guard is superbly suited for this mission. We've been doing it for over three decades, just at a much smaller scale," Army Lt. Gen. H Steven Blum, chief of the National Guard Bureau, said at a joint news conference about border security. "We're trained, we're ready to do this, and we're able to do this."

The National Guard has routinely used member's required two-week annual training period to support border control and counterdrug programs at the border, said Paul McHale, assistant secretary of defense for homeland defense.

Under the new deployment plan, the Guard will still use the annual training period, but will be sending more troops, McHale

said, and those troops will perform missions consistent with their military skills.

Troops will rotate in and out of the border mission every two to three weeks, Blum said, but the leadership will remain the same for the duration of the operations.

The leaders who are there long-term will be from the affected states -- California, Texas, Arizona and New Mexico -- and will be under the control of the joint force headquarters, he said.

The initial commitment will be for up to 6,000 troops on a rotational basis for up to one year, McHale said.

For a second year of deployment, military support will not exceed 3,000 personnel, he said.

The National Guard's border missions will include surveillance and reconnaissance, engineering support, transportation support, logistics support, vehicle dismantling, medical support, barrier and infrastructure construction, road building, and linguistics support, McHale said.

He emphasized that Guard forces will play no role in the direct apprehension, custodial care

or security associated with those who are detained by civilian law enforcement authorities.

"Law enforcement along the border will remain a civilian function," he said.

The Guard deployments along the border are meant to act as a bridge to improve civilian security capabilities, McHale said.

Blum agreed, saying the support would help the civilian authorities grow in the areas where they need assistance.

"This will, hopefully, set the conditions for the Customs and Border Patrol law enforcement agencies to do an even more effective job than they're able to do now because of the lack of infrastructure, or the lack of medical support, or the lack of communication support, or the lack of some aviation assets or surveillance platforms or sensors, or the lack of additional support personnel to help them," Blum said.

The National Guard's deployments to the border will not affect its readiness to support the global war on terror and to respond to natural disasters, Blum said.

The Guard has more troops and equipment available than last



Cdr. Jane Campbell
Army Lt. Gen. H Steven Blum (right), chief of the National Guard Bureau, and Paul McHale, assistant secretary of defense for homeland defense, address a joint news conference on border security.

year, and the president's requirements at the border will only use about 2 percent of the force, he said.

Officials from DoD and the Department of Homeland Security will be working this week to determine what missions the Guard will perform, what kind of units are needed, and where they are needed, McHale said.

The deployment process

should begin in June, he said.

The plan is still in its early stages, but based on similar past missions, DoD is working out the details, McHale said.

"We're building upon past success," he said.

And we are reinforcing that success with a much greater number of personnel and a more robust commitment of resources," he said.

Va

ly the perpetrators targeted the items because of any knowledge of the data contents. It is possible that they remain unaware of the information which they possess or of how to make use of it. However, out of an abundance of caution, the VA is taking all possible steps to protect and inform our veterans.

The VA is working with members of Congress, the news media, veterans service organizations, and other government agencies to help ensure that veterans and their families are aware of the situation and of the steps they may take to protect themselves from misuse of their personal information. The VA will send out individual notification letters to veterans to every extent possible.

The Federal Trade Commission recommends the following four steps if you detect suspicious activity:

Step 1 — Contact the fraud department of one of the three major credit bureaus:

Equifax — 1-800-525-6285; www.equifax.com; P.O. Box 740241, Atlanta, GA 30374-0241.

Experian — 1-888-EXPERIAN (397-3742); www.experian.com; P.O. Box 9532, Allen, Texas 75013.

TransUnion — 1-800-680-7289; www.transunion.com; Fraud Victim Assistance Division, P.O. Box 6790, Fullerton, CA 92834-6790.

Step 2 — Close any accounts that have been tampered with or

opened fraudulently.

Step 3 — File a police report with your local police or the police in the community where the identity theft took place.

Step 4 — File a complaint with the Federal Trade Commission by using the FTC's Identity Theft Hotline by telephone: 1-877-438-4338, online at www.consumer.gov/idtheft, or by mail at Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington DC 20580.

I know the Department of Veterans Affairs maintains my health records electronically; was this information also compromised?

No electronic medical records were compromised. The data lost is primarily limited to an individual's name, date of birth, social security number, in some cases their spouse's information, as well as some disability ratings. However, this information could still be of potential use to identity thieves and we recommend that all veterans be extra vigilant in monitoring for signs of potential identity theft or misuse of this information.

What is the Department of Veterans Affairs doing to insure that this does not happen again?

The Department of Veterans Affairs is working with the President's Identity Theft Task Force, the Department of Justice and the Federal Trade Commission to investigate this data breach and to develop safeguards against similar incidents. The Department of Veterans Affairs has directed all VA employees complete the "VA Cyber Security Awareness Training Course" and complete the separate "General Employee Privacy Awareness Course" by June 30, 2006. In addition, the Department of Veterans Affairs will immediately be conducting an inventory and review of all current positions requiring access to sensitive VA data and require all employees requiring access to sensitive VA data to undergo an updated National Agency Check and Inquiries (NACI) and/or a Minimum Background Investigation (MBI) depending on the level of access required by the responsibilities associated with their position. Appropriate law enforcement agencies, including the Federal Bureau of Investigation and the Inspector General of the Department of Veterans Affairs, have launched full-scale investigations into this matter.

Where can I get further, up-to-date information?

The Department of Veterans Affairs has set up a special website and a toll-free telephone number for veterans that features up-to-date news and information. Please check this webpage for further updates or call 1-800-FED-INFO (1-800-333-4636). For additional information, the VA has teamed up the Federal Trade Commission. The call center will operate from 8 a.m. to 9 p.m. (EDT), Monday-Saturday, as long as it is needed.

We apologize for any inconvenience or concern this situa-

tion may cause, but we at the VA believe it is important for you to be fully informed of any potential risk resulting from this incident. Again, we want to reassure you we have no evidence that your protected data has been misused. We will keep you apprised of any further developments.

From Page 1

The men and women of the VA take our obligation to honor and serve

America's veterans very seriously and we are committed to seeing this never happens again.

Sincerely,
R. James Nicholson
Secretary of Veterans Affairs

Preguntas más frecuentes

1. Soy veterano, cómo sé si mi información personal ha estado en peligro?

Al momento no existe evidencia de que la información robada haya sido utilizada. Aún así, el Departamento de Servicios al Veterano exhorta a todos los veteranos que estén aún más al pendiente y que revisen cuidadosamente sus estados de cuenta de bancos, tarjetas de crédito y cualquier otro documento relacionado con transacciones financieras. De notar alguna actividad sospechosa o inusual, es su responsabilidad reportarlo inmediatamente a la institución financiera envuelta y comunicarse con la Comisión Federal de Comercio (Federal Trade Commission) para instrucciones a seguir.

2. A consecuencia de este acto vandálico, cuándo puedo notar actividad sospechosa, si alguna?

La información le fué robada a un empleado del Departamento de Asuntos al Veterano durante el mes de Mayo, 2006. Si la información ha sido usada maliciosamente para cometer fraude o robo, es probable que los veteranos noten actividades sospechosas durante el mes de Mayo.

3. Aunque no he notado ninguna actividad sospechosa en mis expedientes financieros, que medidas puedo tomar para protegerme y prevenir convertirme en víctima de fraude con mi tarjeta de crédito o el robo de identidad?

El Departamento de Servicios al Veterano enfáticamente recomienda que los veteranos revisen minuciosamente sus estados financieros y que visiten la página de internet dedicada especialmente a este tema www.firstgov.gov o comuníquese al 1-800-FED-INFO (1-800-333-4636).

4. Debería comunicarme con mis instituciones financieras, o El Departamento de Servicios al Veterano se encargará de ello?

El Departamento de Servicios al Veterano entiende que no es necesario comunicarse con las instituciones financieras, cancelar tarjetas de crédito o cerrar cuentas de banco a menos que usted haya detectado actividad sospechosa.

5. Dónde debo reportar cualquier actividad sospechosa e inusual?

La Comisión Federal de Comercio recomienda los siguiente cuatro pasos a seguir si se detecta actividad sospechosa. Comuníquese con el Departamento de Fraude de una de las tres Compañías de Reportes de Crédito



Staff Sgt. Monika Comeaux

Staff Sgt. Franzemil Baez, transportation management coordinator, 393rd Corps Support Battalion, discusses shipments with Sgt. Demetria Palmer, fuel handler, 282nd Quartermaster Company, in the Central Receiving and Shipping Point run by her company.

Support battalion comprised of mixed geographical units

Hot, cold Soldiers make perfect mix in Iraq

Staff Sgt. Monika Comeaux
207th MPAD

SEITZ ANNEX, Iraq — The nearly 400 Soldiers under the 393rd Corps Support Battalion could not have come from a more diverse background as they do.

The Headquarters and Headquarters Detachment of the 393rd Corps Support Battalion is a Reserve element from Bayamon, Puerto Rico, the 98th Maintenance Company (Direct Support) is an active duty unit from Fort Richardson, Alaska, and the 282nd Quartermaster Company is also an Army Reserve unit from Montgomery, Ala.

They all hit the ground in theater around the same time a few weeks ago, and they are all in the process of adjusting to their mission, which is to provide logistical support to the Multi-National Division-Baghdad area, said Maj. Louis Feliciano, the Support Operations Officer of the 393rd.

"We are like a quartermaster battalion . . . we hold the goods, the 18th (Corps Support Battalion who is their sister battalion) pushes the goods out to the outlying customers to the Forward Operating Bases," Feliciano explained. The 393rd provides support to approximately 80,000 personnel in their area of responsibility.

One of the most important missions the 393rd has is running the Central Receiving and Shipping Point (CRSP) with the help of the 282nd Quartermaster Company. "In addition to the CRSP yard, we also have the Class I yard and the bulk fuel point," said Chief Warrant Officer Ilicia Kirby, one of the officers in charge of the CRSP yard. Generally a CRSP would be run by a cargo transfer company, but the 282nd being a quartermaster company, has water purification specialists and fuel handlers orchestrate everything in the yard.

The other subordinate unit of the 393rd, the 98th provides maintenance support not only to customers within the battalion, but to a much larger clientele in the MND-B area.

Although the units came from extreme latitudes, they came together in the middle of Iraq just fine. "I think that the battalion is coming along very well, the units are integrating. Soldiers are fantastic and I think our biggest strength is our diversity," said Lt.

Col. Jamie Lugo, the battalion commander.

"We had a lot of perceptions about falling under a Reserve unit," said 1st Lt. Wyman Bey, the executive officer of the 98th. "We always had the old perception that Reservists and National Guardsmen are laid back . . . We found out that is not actually true. They did a good job planning and also helping us out when we got here."

Staff Sgt. Darcella Gaston, an automated logistical specialist also with the 98th had similar misperceptions. "I have never worked with Army Reserves or National Guard before. I did not go in with an open mind. . . I was blown away from the knowledge they had. We help each other out."

Lugo and Feliciano agree that it took some time for the different components to adjust and learn to work with each other. Everybody brings something different to the table.

" . . . on the Reserve side of the house, we have to keep in mind the expertise that they bring from their civilian occupation, which has paid dividends for us already in the 30 days that we have been here," Lugo said.

Since the active duty Soldiers do the same type of missions on a day-to-day bases back home, they have some of the transactions 'down to the T.' "We bring a lot of experience . . . in the way how we do things," said Bey.

Some things are exactly the same, whether you are an active duty or Reserve Soldier. "Maintenance is the same all the way around," said Bey. "The hard thing is dealing with the admin side of the house. . ."

Gaston hopes to make the most of working with the unit from Puerto Rico. One of her deployment goals was to learn Spanish. She said that despite the initial "bumps and bruises," the pains will go away and they will work on accomplishing the mission together, each unit pulling their fair share. "They do everything we do. There is no difference, just they are from Puerto Rico and we are from Alaska . . . we all wear the same uniform."

The battalion commander is satisfied with how his units have come together. "It is not always easy to integrate units from different parts of the country, or in this case, different parts of the world, but we have done very well," said Lugo in conclusion.

597th Quartermaster Company back home

Staff Sgt. John Gonzalez
65th RRC Public Affairs

FORT BUCHANAN, Puerto Rico — Tears of joy were the order of the day May 8 when more than 75 Soldiers from the 597th Quartermaster Company arrived back on their native soil to cheers and hugs by their family and friends.

The unit spent approximately 14 months deployed in support of Operation Iraqi Freedom III in support of theater bath and laundry responsibilities. Additionally, part of their duties also consisted of convoy escorts. Several members of the company earned Combat Action Badges for their brave efforts under fire.

"There were no casualties even though they were exposed to danger," said Mr. Miguel Isaac, Deputy for Management and Support, 65th Regional Readiness Command.

Four Soldiers with the unit did not return with the unit. They are being treated stateside for injuries sustained during the deployment.

Sgt. Angel Robles, whose baby daughter Alany was born while he was overseas, said that the joy of being home and seeing his wife and children was almost too much.

"I am so happy to be home and with my family. I am so very happy right now," Robles said.

Welcome home brave warriors of the 597th QM Co.!



Staff Sgt. John Gonzalez

597th Quartermaster Company Soldier Sgt. Angel Robles, holding his son Miguel, greets his wife Yeshica and new baby daughter Alany upon his return from a year deployment in Iraq. Alany was born while Robles was in Iraq.



File Photo

Stultz assumes command...

Secretary of Defense Donald H. Rumsfeld announced that the President has nominated Army Reserve Maj. Gen. Jack C. Stultz, Jr. for appointment to the grade of lieutenant general with assignment as chief, Army Reserve/commanding general, United States Army Reserve Command, Washington, D.C. Stultz is currently serving as the deputy commander/deputy chief of Army Reserve for Operations, Readiness, Training, and Mobilization, United States Army Reserve Command, Fort McPherson, Ga.

Summer season brings out infectious pests



U.S. Army Center for Health Promotion and Preventive Medicine

Editor's Note: The following was provided by Anibal Negron, Environmental Protection, Fort Buchanan Department of Public Works.

Tick control around the home

First, some basic facts about ticks —

There are over 800 species of ticks worldwide. Ticks must feed on the blood of an animal (the host) in order to grow (molt to different stages) and reproduce (lay thousands of eggs).

Most ticks go through one inactive stage (egg) and three active stages (larva, then nymph, and finally adult) in their life cycle. The whole life cycle takes 1 to 2 years and the tick must feed (take a blood meal) once at each active stage. A blood meal takes several days to complete.

Ticks don't fly or jump. Rather, a tick climbs to the ends of blades of grass or weeds and waits quietly with its front legs extended until it can grab onto a passing host.

Ticks can spread diseases to people, pets, and other animals. Germs that may be present in their saliva are transmitted as they feed on the person or animal. These germs include the bacteria and viruses that cause such serious diseases as Lyme disease, Rocky Mountain spotted fever, and human ehrlichiosis.

Not all ticks are infected. However, you can't tell if a tick is infected or not just by looking at it.

Therefore, it is important to remove any tick that is attached to your skin as soon as possible. Ticks that are just crawling on you cannot transmit diseases.

Ticks are most common in woods or overgrown places where the ground is covered with leaf litter, thick weeds, or high grass. These are the areas where ticks are not only protected from the harsh drying effects of the sun and wind, but also where their animal hosts (such as mice and deer) live.

Ticks may sometimes be found on well-mowed lawns, or even inside your home. This is because they drop off of pets or other animals that cross over or enter these areas.

The best way to control ticks is to remove high grass, weeds, leaf litter, and undergrowth from around your home. Chemicals (pesticides) that kill ticks can be applied to your yard as a last resort if large numbers of ticks are present.

Create 'tick-free' zones around your home by cutting back wooded areas and increasing the size of open lawn.

Keep your lawn well mowed, to a height of 3 inches or less. This lowers the humidity at ground level, making it difficult for ticks to survive. Also, mice and other small animal hosts avoid these neatly trimmed areas because they cannot easily hide or find food and nesting materials.

Remove brush, weeds, leaf litter, and other yard debris that attract ticks and their hosts.

Rake back leaf litter and cut away undergrowth several feet into the edge of any woods that are on or next to your yard.

Eliminate dense plant beds close to your house, such as ivy and pachyandra.

Move woodpiles, birdfeeders and birdbaths as far from your house as possible. Mice hide and nest in woodpiles, and eat spilled food from birdfeeders. Birds can spread immature ticks over great distances as they migrate, and they may drop ticks in your yard as they use feeders and birdbaths.

Keep garbage in tightly closed cans and don't put pet food outside or purposely attract and feed wild animals.

Keep clotheslines high off the ground and out in the open so laundry will not touch vegetation.

Keep picnic tables and lawn furniture as far from any woods, shrubs, and undergrowth as possible.

Move children's play areas as far away as possible from woods or other overgrown sites. Consider using fences to keep children from entering tick habitat. Create your vegetable and flower gardens in the middle of large areas of open lawn.

It is rare for a tick infestation to occur indoors. However, this can happen if a fully fed female tick falls off a pet and lays its eggs. This may occur in a location like pet bedding, carpeting, furniture upholstery, or crevices in floors and walls. In such a case, vacuum up as many of the ticks as possible, then seal the vacuum bag inside a plas-

tic bag and dispose of it in an outdoor trash can. If possible, first place the sealed bag in the freezer for a couple of days to kill most of the ticks before placing it in the trash.

Wash all removable bedding or cloth items in hot, soapy water, and apply an appropriate pesticide to all infested areas (see section on Chemical Control Options). It is best to hire a professional pest controller to perform the pesticide treatment.

More often, a single tick is carried inside on either a pet's fur or a person's clothing. It may then crawl onto another family member, searching for a blood meal.

Inside the home, you can reduce the potential for exposure to ticks by following these suggestions —

Keep small animals like mice and cute fluffy kittens out of your home by closing up gaps around doors, windows, and other places.

Check your clothing carefully for ticks before you come inside, and check your whole body once you're indoors.

Follow this advice if you have pets that go outdoors:

- Groom them carefully for ticks every time they've been outside.

- Designate specific sleeping areas for your pets, and check their bedding routinely for ticks that might drop off of them while they sleep.

- Keep pets off of furniture where ticks can become hidden in the fabric or cushions.

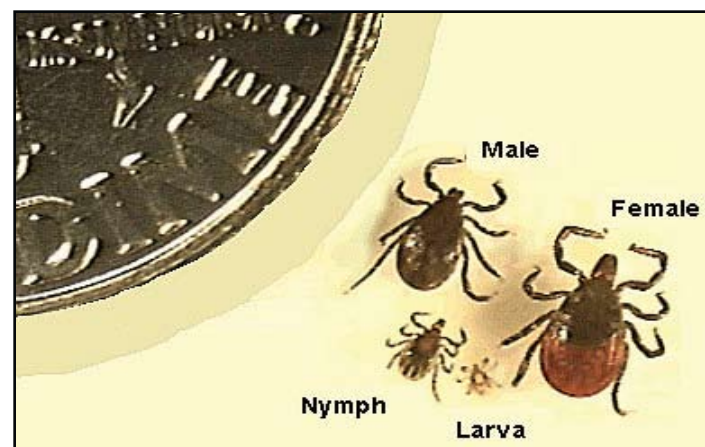
- Seek your veterinarian's advice before using flea and tick control products on your pet or it's bedding. Remember that exposing your pet to more than one type of treatment (flea and tick collars, dips, baths, or powders) within a short period of time might seriously harm your pet.

Chemical Control Options

Applying pesticides (chemicals that will kill ticks) should be considered only as a last resort.

It is best to hire a professional pest control company to do this.

Before deciding to apply pesticides, your property should be sampled for ticks. Your yard may not necessarily contain



The relative size of *Ixodes scapularis* (blacklegged tick, a.k.a. 'deer tick') as compared to the edge of a dime.

large numbers of ticks, even if you live in a county or other local area where ticks are numerous, or where there is a high rate of tick-borne disease.

Sampling can be accomplished by using a 'tick drag or flag' (white flannel fabric attached to a pole that is dragged across, or poked into, the vegetation. Ticks, if they are present, will cling to the fabric.).

If tick levels are high, pesticide treatment may be justified.

Pesticides come in both liquid and granular form. The type of vegetation in your yard and the stage of the ticks that are present will help determine what kind of product is best for your situation.

Liquid pesticides will kill ticks that are crawling out in the open.

Granular pesticides will penetrate leaf litter to kill ticks that are hatching, molting, or waiting out the cold weather (overwintering).

Some pesticides are restricted for use only by licensed pesticide applicators.

Here are some of the safest pesticides that are effective for controlling ticks.

All products may not be registered for use in all states.

- *Carbamates* such as Carbaryl.

- *Pyrethroids* such as Permethrin, deltamethrin and cyfluthrin.

- *Pyrethrums* such as plant extracts called pyrethrins, primarily for use inside the home because they break down so quickly.

Personal protective measures

Despite your best efforts, it may be impossible to keep your yard entirely free of ticks and their animal hosts.

It is therefore important to use personal protective measures.

- This includes wearing clothing that will prevent ticks from reaching your skin, such as long sleeves and long pants.

- Tuck your shirt into your pants and your pant cuffs into your socks or boots.

- Use an insect repellent containing DEET (N,N, diethyl-mtoluamide) on your exposed skin (skin that is not covered with clothing).

- Use an insect repellent containing permethrin on your clothing.

- Always FOLLOW LABEL DIRECTIONS when applying repellents. Be sure to check your clothing and body carefully for ticks when you've been outdoors.

For more information, visit Web site chppm-www.apgea.army.mil. Or, contact U. S. Army Center for Health Promotion and Preventive Medicine, Aberdeen Proving Ground, Maryland 21010-5403; DSN 584-3613; Commercial (410) 436-3613; Fax -2037

What are ticks?

Most ticks are parasites of warm-blooded animals. They are not insects, but they are closely related to mites, spiders and scorpions. Tick bites may cause skin redness and swelling. Minor infections may let disease-causing germs enter the body. Ticks are very small, varying in length from 1/8 to 1/2 inch. They are usually a shade of brown.

Ticks live in coastal or humid places and in wooded or brushy areas. They are present throughout the year but there are more in the spring.

Courtesy of the Extension Service of the Texas A&M University System



¿Que son garrapatas?

La mayoría de garrapatas son parásitos de animales mamíferos. No son insectos, sino que están relacionados con ácaros, arañas y escorpiones. Las picaduras de garrapatas pueden causar que la piel se ponga roja y se hinche. Infecciones secundarias pueden permitir que microbios entren al cuerpo. Las garrapatas son muy pequeñas; varían de 1/8 a 1/2 pulgada de largo. Generalmente son de un color café. Las garrapatas viven en lugares costeros o húmedos y en matorrales y áreas arboladas. Están presentes durante todo el año pero hay más en la primavera.

Safety emphasized during extended holiday weekend

The Memorial Day weekend marks the beginning of summer. Traditionally this is a time of increased travel and recreation; however, summer can mean danger because of individual exposure to the risk associated with summer travel and recreation.

Awareness of the dangers involved while traveling, swimming, scuba/boating, kayaking, camping and other recreational activities will reduce the possibilities of a tragedy of a serious or fatal accident to your or your family. The mechanical conditions of your motor vehicle are important but so are sensible driving procedures and discipline while driving. Remember, alcohol and boating is just as dangerous as alcohol and driving.

Automobile accidents are traditionally the leading cause of Soldier fatalities. Drowning is only second to motor vehicle accidents as a cause of accidental death in the United States. We must work together to change these traditions. The challenge

is to ensure that every Soldier and DoD civilian employee receives a safety briefing by his/her commander/supervisor and or a safety officer with emphasis on safe vehicle operation and water safety. Each officer, noncommissioned officer, civilian manager and supervisor must maintain a positive safety orientation program that will ensure that Soldiers and civilian employees are properly briefed on all aspects of safety.

We live on a beautiful island with many wonderful recreational opportunities. I encourage you to safely take advantage of them. Drive carefully and make this summer season the safest ever.

Do not leave anything to chance; use your safety belts for you and your loved ones, specially the child safety seat for your little ones.

Enjoy. Think safety and be safe.



Col. Stephen M. Ackman

Memorial Day is much more than a celebration that marks the beginning of summer. To the nation's veterans, the Memorial Day tradition stretches back to the Civil War and Decoration Day, as an important reminder of those who died in the service of our country.

This year, we must not only remember our fallen but also those currently defending our country.

Traffic accidents have historically made this a deadly holiday. Last memorial Day weekend U.S. Army Forces command experienced four injury accidents in privately owned vehicles, including one that claimed the life of a Soldier. We need to take every precaution to avoid a similar tragedy this year.

Leaders at all levels must be positively engaged in the lives of their Soldiers, be aware of their personal risk factors and intervene when they see the potential for tragedy. As a reminder, all company commanders are to complete the on-line Com-

mander's Safety Course prior to assuming command.

Commanders will ensure that the following minimum measures are performed prior to Memorial Day -

- First-line leaders will complete the FORSCOM Soldier Risk Index for each assigned Soldier and take steps to assist those classified as high risk.

- All Soldiers travelling by POV on leave or pass must complete the POV Risk Assessment found on the Combat Readiness Center Web site. Leaders will review these with the Soldier prior to approving any request for pass or leave.

- Leaders will brief Soldiers on holiday hazards and measures that they should take to avoid mishaps.

I wish each of you a rewarding and safe Memorial Day weekend.

Dan K. McNeill
General, USA
Commanding

Fort Buchanan Chapel Schedule

Roman Catholic Masses

Saturday evenings — 5:30 p.m. — Post Chapel
Sunday mornings — 9:00 a.m. — Post Chapel
Wednesdays — Noon — Adoration Chapel

Confessions: Saturday evenings at 5:00 p.m.
Sunday mornings at 8:30 a.m.

Weekdays, call 568-6092 or 707-3405.

Marriage Preparation: Call 707-3405 for details

Baptisms: Call 707-3405 for details.

Preparation for Confirmation, First Communion, RCIA, etc. call 707-3405.

Counseling: Call 568-6092 or 707-3405.

Emergencies: Call 568-6092 or 775-4725

Protestant

Collective Protestant Service
Sunday morning — 10:30 a.m. — Post Chapel.
Tuesdays — 7:30 p.m. — Prayer Service.
Fridays — 6 p.m. — Rock-on Youth Group.
Last Sunday of every month — 7:30 p.m. — Spanish Worship Service.

Counseling: Call the Chapel office at 707-3904 or 707-2889.

Directorate of Information Management

Why Internet Filtering is About to Become More Stringent



New category blocks to be implemented 15 May 2006...

On 15 May 2006, the DOIM will implement a more restrictive internet website access policy. Previously unblocked categories of "Webmail", "Shopping and Merchandizing", and "Streaming Media" will be blocked by default for all network workstations. This means that websites that provide web-based mail (e.g. Yahoo, Hotmail, Gmail, Coqui.net, PRTC.net, etc.) will no longer be accessible. This will also affect websites, which host or provide links to streaming audio, such as online radio stations, music videos, etc. Finally, websites, which provide for the selling or buying of products (e.g. online auctions, Yahoo Shopping, online classified advertisements) will also be blocked. Are there justified exceptions? Of course there are, and the DOIM recognizes this. The process to request such exemptions is explained in below, under "How Exemptions can be requested".

Why the changes are being implemented...

Why is this happening? There are several reasons. One answer stems from a term with which many users may not be familiar...."Bandwidth". Bandwidth in a networking sense refers to the velocity of data transfer both into and out of a network. The amount of bandwidth authorized and funded is controlled by DISA and other higher headquarters entities. The option to implement more restrictive internet filtering was chosen among several formulated by the DOIM and approved by the Garrison Commander, in the interest of optimum bandwidth and network utilization.



Fort Buchanan's bandwidth is consumed at different rates, by each user, depending upon the action being performed on the network. Regular internet website viewing, web-based database access, and file downloads all consume different amounts of bandwidth, based on the distant websites content and function. Many network users can easily apply this principle to their home internet connections, such as DSL, Broadband, and Dial-Up.

The speed at which websites are displayed and downloads occur are significantly faster, when done here at Fort Buchanan. While the download of a 30 MB file from the internet from your home computer may take forty-five minutes to complete, that same file, when downloaded via our network, make take only five minutes to complete. While this speed may be a blessing to the user who is downloading the file, other network users suffer the side effects. This is because the total bandwidth allotted to Fort Buchanan is shared throughout the network. This is often the problem when users report internet access as being "slow" or "unable to resolve". Another indicator of excessive bandwidth consumption is the need to click "Refresh" on a webpage, based on its failure to display the first time. To maximize bandwidth utilization, the most obvious method by which to conserve bandwidth is to limit access to website categories, which do not relate to daily, mission-related operations. The categories to be blocked reflect the three highest bandwidth consumers, via internet use, which are not mission essential.

How justified exceptions can be requested...

Does your directorate or activity procure items through commercial websites, view webcasts, or conduct some other official business which may be affected by these changes? If so, the process to request exemptions is an easy one. An employee may contact the DOIM Help Desk (x5555) to initiate a work request to have a website unblocked. Once the request has been initiated, it is the responsibility of the employee to send an email to their Director or Officer In Charge, with the website's URL and justification for exemption (e.g. official business). The Director or Officer In Charge then forwards the email to the DOIM IA Office, with his/her concurrence and approval. Its that simple! Once the email has been received and reviewed by the DOIM IA Office, the website may be unblocked and the work request completed. For more detailed instructions on what information must be provided and email contacts, please review the following link: <http://www.buchanan.army.mil/ia/doimiablock.htm>. Remember that quickly identifying any websites you know will be affected and promptly initiating a work request will ensure operations are not affected on 15 May 2006. As always, regarding any IT-related matter can be addressed to Help Desk, at (787) 707-5555.

With the Fort Buchanan DOIM, you get "IT"!



Army e-Learning has become the Army's primary means of satisfying initial and recurring IT training across the entire spectrum of individual and organizational requirements.

The Army e-Learning program offers over 2,600 information technology, business, foreign language, leadership and interpersonal skills courses to all active duty Army, National Guard, Reserves and Department of the Army civilians.

Courses are free to the individuals and their organizations. To date over 213,000 students have enrolled!

All you need to do is get an AKO account and register in the education window. For more information, call 707-3888 or 3546.



Photos by Vicente Velez

Sgt. Luoui-Santiago posts his unit's colors during the 2006 Bayamon Memorial Day ceremony honoring Puerto Rican veterans.



Remembering our nation's veterans on Memorial Day

Above (left to right) Kenneth McClintock, president of the Puerto Rican Senate, with his wife to his left; Master of Ceremonies Jose Juan Tanon; Col. Stephen M. Ackman, commanding officer, Fort Buchanan and Col. Benjamin Guzman, adjutant general, Puerto Rico; stand for the national anthem during the Memorial Day ceremony held in Bayamon. (Upper right) The officers view the memorial for Puerto Rico's fallen heroes. (Right) Col. Ackman stands with family members (left) Jessica Oliveras and mother Eli Cales of Soldado Emmanuel Hernandez who was honored during the ceremony.



Tricare — mail order pharmacy procedures



Tricare also changes rules governing Point-of-Service costs, penalties

Sean Glover
TLAC Project Manager

Point-of-service charges

Point-of-Service (POS) charges will be enforced beginning Aug. 1, 2006.

All TRICARE Prime beneficiaries are required to go through their Primary Care Manager for all non-urgent/emergent care. All specialty care not provided by the PCM will require proper referral and authorization.

Failure to obtain proper referrals and authorization will mean:

- Active Duty Service Members will have claims denied
- Active Duty Family Members will be charged an annual deductible of \$300 per individual or \$600 per family. They will also be responsible for a 50% cost share.

The Catastrophic Cap does not apply to POS charges.

For more information, contact your local TRICARE Service Center, TRICARE POC, or the TRICARE Area Office at 1-888-777-8343, option #3.

Mail Order Pharmacy

The TRICARE Mail Order Pharmacy is a convenient and easy way to get the prescriptions you take regularly (such as those to lower blood pressure, or to treat asthma or diabetes) because they are delivered directly to your home.

To Fill Your Prescription —

Step 1: Register to use the TMOP.

The first time you use the TMOP you must fill out a TMOP mail-order registration form and send it to Express Scripts, the TMOP contractor, along with your prescription and copayment. You must complete this form only one time, unless your health condition changes. If you have registered at TMOP online recently or mailed a registration form, you need not re-register.

You may request a registration form in

the two following ways:

1. Request a registration form by calling:
 - Worldwide: 1-866-363-8667 or 1-866-275-4732; or
 - TDD (for the deaf and hard of hearing): 1-877-540-6261.

Note: You may also access a registered pharmacist who is available to answer questions about your prescription at any time by calling one of the above toll-free numbers.

2. Or, download the registration form directly from the Express Scripts Web site at www.express-scripts.com.

Step 2: Ask your provider to write a prescription for up to a 90-day supply with up to three refills, if possible.

If you must begin a prescription medication right away, ask your provider to write two separate prescriptions for the same medication:

1. A one-month supply for you to fill immediately at a local retail network pharmacy; and
2. A long-term supply for you to fill through the TMOP.

• While you wait for your mail-order shipment, begin taking the medication you obtained from the local retail network pharmacy.

• Certain medications may have a 30-day limit for the supply amount, quantity limits and/or require evidence of medical necessity or prior authorization from your provider.

Step 3: Mail your health care provider's written prescription with your registration form and copayment to Express Scripts at P.O. Box 52150, Phoenix, AZ 85072-9954. You must enclose a copayment for each prescription you send to the TMOP. For example, if you are an active duty family member or retiree sending the TMOP two separate prescriptions for generic medications, your total cost would be \$6 (i.e., two \$3 copayments).

You may pay by check or money order, payable to Express Scripts. The easiest way to ensure you send the correct copayment is to authorize TMOP to bill your Visa, MasterCard, Discover or American Express account. You do not have to pay shipping or handling.

Note: If you are on active duty there are no copay requirements to use the TMOP.

Step 4: Allow about 14 days from the day Express Scripts receives your prescription to the time your medication arrives at your door.

How to fax a new prescription —

For your added convenience you may also ask your provider to fax your written prescription, directly to Express Scripts using the toll-free telephone number, 1-877-895-1900. Here's how —

1. Complete the TMOP Mail Order Registration form and send to Express Scripts.
2. Ask your provider to fax your prescription with a cover sheet containing his/her name and phone number. The TMOP only accepts prescriptions faxed directly from your provider.

Note: Prescriptions may only be faxed to the TMOP by the provider and must have the patient's full name, address, telephone number and date of birth.

If your provider faxes a prescription on your behalf, you may pay your co-payment the following three ways:

1. Wait for the TMOP to bill you directly;
2. Call Express Scripts to authorize billing on your credit card; or
3. Visit the Express Scripts Web site to authorize billing on your credit card.

After the provider faxes the prescription, please wait 48 hours before calling Express Scripts to ensure your order is in the system.

How to Refill a Prescription —

You may request your refill by mail, telephone or by visiting the Express Scripts

Web site. To ensure timely receipt of your medication, please request your refill at least two weeks before the prescription runs out.

Check the label of your current TMOP medications for the date you should request a refill. You must pay for orders you place by telephone or online by check or credit card.

There is no charge for prescriptions for active duty service members.

TMOP will deliver your medications usually within 14 days from the date TMOP receives your request.

If you forget to request a refill on time, you may obtain your medications by requesting expedited shipping and handling services, which are available for an additional charge.

TMOP requirements for beneficiaries living overseas.

If you reside overseas, you must meet the following requirements to be able to use the TMOP:

- Possess an APO/FPO address — If you are assigned to an official U.S. embassy and you do not possess an APO/FPO address, you may use the official embassy address to receive a prescription; and
- Request that a U.S. licensed provider write your prescription.

Note: The TMOP may only mail prescriptions overseas under the above requirements.

TMOP cannot mail prescriptions to any private foreign address. Further, the TMOP is not able to ship refrigerated medications to any APO/FPO address. Your licensed overseas provider will inform you of alternatives if you require refrigerated medication.

A licensed pharmacist is available to answer questions about your medications 24 hours a day at 1-866-363-8667; or TDD (for the deaf and hearing impaired) at 1-877-540-6261.

Fort Buchanan celebrates Armed Forces Day

Marc McCormick
El Morro Staff

For a runner, May 19 was a perfect day. Low humidity and a mild temperature set the stage for runners participating in the Fort Buchanan Armed Forces Day 5-K Run.

Members of the Fort Buchanan community, Soldiers, National Guardsmen and Puerto Rico civil agencies all gathered together to participate in the Morale, Welfare and Recreation sponsored run.

Organized and supervised by Carmen Soto, MWR Management assistant, the run was a showcase event that drew the attention of the Puerto Rican media making front page news. Through Soto's efforts four island celebrities participated in the 5-K, much to the delight of the other runners and the crowd.

Boxers Tito Trinidad, "Iron Boy" Ivan Calderon, Puerto Rican long distance runner Maximo Oliveras and actor Raul Rosado, showed up prior to the race and signed hundreds of autographs and posed for pictures.

These beloved Puerto Rican athletes were patient and humble during their interaction with the participants and viewers.

The run was presided over by the installation Staff Judge Advocate, Lt. Col. Mark Nozaki and Fort Buchanan's Command Sergeant Major Alberto Velez.

Following roll call and special instructions, the race was started with Nozaki, Velez and the special participants leading the units through the 5-K.

Deputy Garrison Commander Douglas Burk spoke to the crowd saying, "This has been a great turn-out. We have 648 participants representing 25 units, civilians, retirees and employees of Buchanan." Following the event, Burk awarded trophies to the military and civilian unit winners.

Placing first as the Best Military Unit was the garrison's Headquarters and Headquarters Company. The runner up was the 65th Regional Readiness Command. On the civilian side, the best unit went to the Directorate of Morale, Welfare and Recreation. The Department of Logistics was the runner-up. All participating organization were also recognized.

Soto did not neglect the runners following the event. She had arranged for plenty of water and sports drinks to be available for the participants as well as food to replenish the energy the runners had expended. And, for good measure, she had a live band to entertain the runners as they cooled out.



Staff Sgt. John Gonzalez

(Left to Right) Lt. Col. Mark Nozaki, staff judge advocate; Maj. Shelia Hegwood, provost marshal, Capt. Jonathan Persons, installation legal office and Chap. (1st Lt.) Eric Miletti, take the lead for the start of the Armed Forces Day run. Runners came from all over the San Juan metropolitan area to participate



Vicente Velez

Members from the Rodriguez Health Center also participated in the run.



Vicente Velez

(Left) Evelyn Rivera, security manager and Janet Yambo, MWR Marketing, wait for the runners to claim their souvenir race T-shirts.



Vicente Velez

Douglas Burk, deputy garrison commander, congratulates Capt. Cesar J. Garcia (center), USAG HHC commander, on winning the Best Military Unit award.



Vicente Velez

Victor Labrador, Fort Buchanan DES, was one of the many officers who provided escort and security for the runners.



Vicente Velez

Members of the Bayamon Civil defense, known as SORT, was one of the island civil organizations in the race.

four island celebrities participate in 5-K run



(Left to right) Actor Raul Rosado; Puerto Rican long distance runner Maximo Oliveras; “Iron Boy” Ivan Calderon; boxer Tito Trinidad are led by Fort Buchanan Command Sergeant Major Alberto Velez. Directly behind Maximo Oliveras is Tito Trinidad’s father Felix who is also Tito’s manager.



Soldiers of the Puerto Rican National Guard stand tall prior to the start of the race.



Members of the University of San Juan Army ROTC program fall-in for stretching exercises prior to the race.



Soldiers of the 65th Regional Readiness Command take to the first straight-away at the beginning of the race.



Soldiers representing the 2/238th Training Support Battalion await instructions from the race leader before starting their run.



Buchanan’s Department of Human Resources contributed their manpower to the race.

'Never forget' — the Holocaust remembered

Marc McCormick
El Morro Staff

"What makes this inquest significant is that those prisoners represent sinister influence that will lurk in the world long after their bodies have returned to dust. They are living symbols of racial hatreds, of terrorism and violence, and of the arrogance and cruelty of power," are the words of former Chief Justice of the United States Robert Jackson as he made the opening remarks for the prosecution at the Nuremberg trials of defeated and captured Nazi officials following the end of World War II.

As policy, The Nazi Party had pursued the subjugation and then elimination of, first, Germany's indigenous Jews and then other ethnic groups considered as undesirable — "The most savage and numerous crimes planned and committed by the Nazis were those against the Jews... These in Germany, in 1933, numbered about 500,000... The avowed purpose was the destruction of the Jewish people as a whole, as an end in itself, as a measure of preparation for war, and as a discipline of conquered people," Jackson said.

In the end, the abstraction of "ethnic cleansing" took on dimensions that had no parallel in human history. "History does not record a crime ever perpetrated against so many victims or one ever carried out with such calculated cruelty," Jackson said. "Germany became one vast torture chamber. Cries of its victims were heard round the world and brought shudders to civilized people everywhere."

May 11, Fort Buchanan hosted its annual Days of Remembrance at the Community Club. Titled "Legacies of Justice," the event had as its guest speaker Manya, nee Moszkowicz, Friedman, a survivor of the entire course of the rise and fall of the Nazi regime.

She was born in north central Poland in the village of Chmielnik; a town whose Jewish population dated back to the 1500s. In 1938, the family moved closer to the German border to the town of Sosnowiec. It was there her family would be taken by the Germans and her family destroyed forever. Friedman is a survivor volunteer for the United States Holocaust Memorial Museum. She acts also as an ambassador-at-large testifying to the reality of the holocaust to organizations who wish to touch a part of living history. She spoke poignantly about

her younger years when the events that developed Poland would soon engulf not only the Jews but also other ethnic groups and social categories the Nazis deemed to be unfit. She was separated from her family early in the occupation of her town and transported into Germany as a worker. Her family ended up in Auschwitz. As a seamstress, she had to learn her craft and survive under appalling and humiliating conditions. She witnessed brutality and dehumanizing of people that almost defy description and she survived to add her testament to what had happened during those years.

The Department of Defense recognizes the holocaust through the Days of Remembrance ceremony — "The Holocaust will forever serve as a reminder of the values we cherish but can lose so easily which we, in the Department of Defense, work daily to preserve."

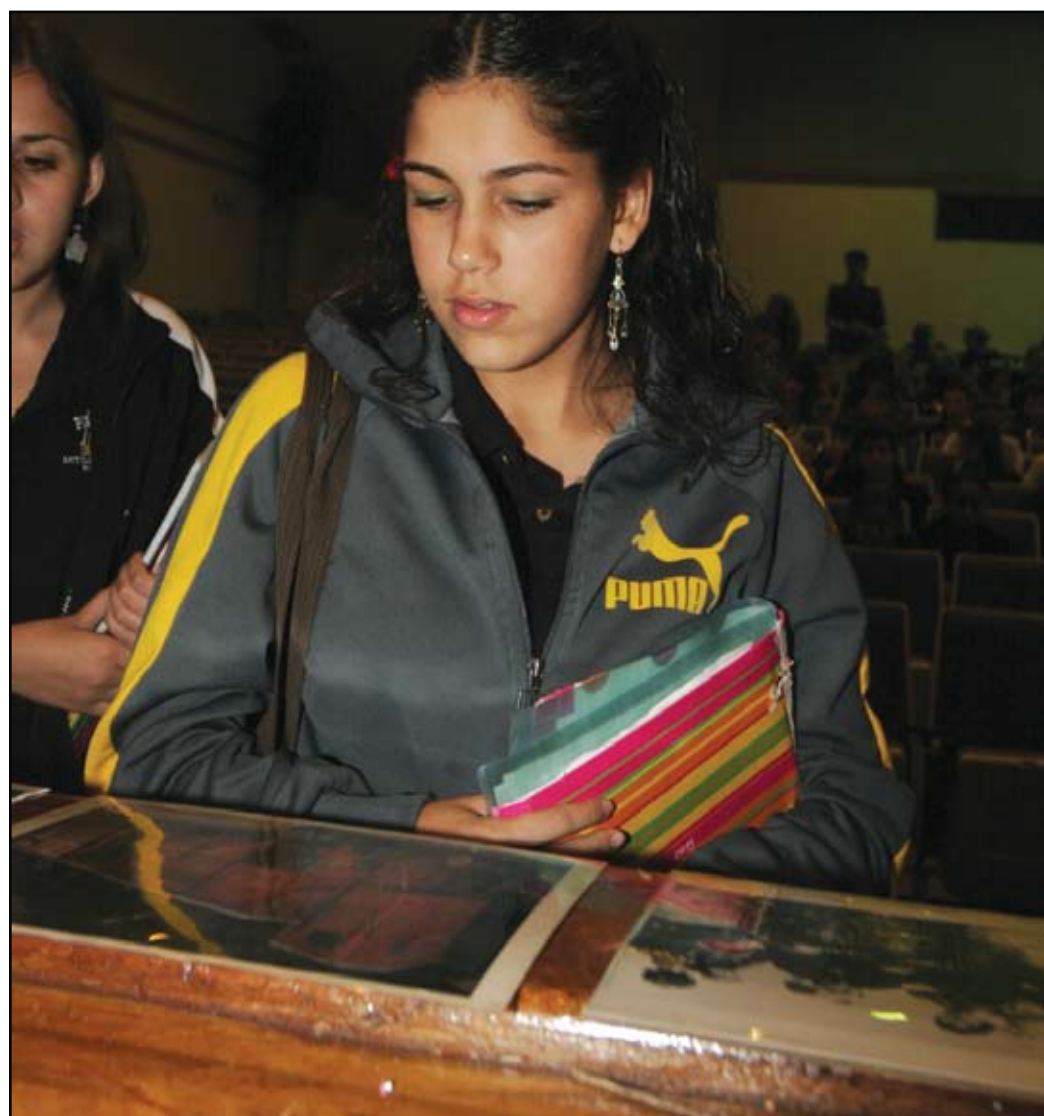
"Of course, the idea that a state, any more than a corporation, commits crimes is a fiction. Crimes always are committed only by persons. While it is quite proper to employ the fiction of responsibility of a state or corporation for the purpose of imposing a collective liability, it is quite intolerable to let such a legalism become the basis of personal immunity," Justice Jackson said. And, the Department of Defense, in its message to the nation said, "We must be determined to stand forthrightly against every manifestation of man's inhumanity to man, against bigotry and prejudice, against racism, sexism and hatred, so that the word holocaust need never be used again."

It is rare we have the opportunity to encounter living history; even more so with a person such as Friedman who lived through one of the most cataclysmic periods in human history. To actually see and hear the first person testimony of a person who survived the Nazi holocaust is remarkable in 2006. The people who lived through those years are leaving us at an astonishing rate. Soldiers, citizens, victims — they belong to another place and time but they also belong as part of our collective humanity — our collective soul. Perhaps it is as Jung said, a collective consciousness, and, if so, we all have an individual responsibility to humanity, or, as Col. Stephen M. Ackman, commanding officer, Fort Buchanan, said, "This begins with how we treat each other every day. Treat your fellow human beings with simple respect."



Photos by Vicente Velez

Following her presentation on the World War II Holocaust to the students of Antilles High School, Friedman was presented with a recognition certificate by Senator Jose Garriga Pico, PNP, popular vote (left). Col. Stephen M. Ackman also acknowledged Friedman's extraordinary heroism in surviving the holocaust of World War II.



Friedman's story deeply affected the Antilles students who attended the presentation. It was the first time many of the students had contact with "living history."



Rafael Reyes (left), Special Emphasis Program, and other staff members, pose with Friedman, Senator Pico and Col. Ackman (center) following Friedman's presentation at Antilles High School.

'Wake-up call' leads to 100 pound weight loss

Elaine Wilson
Ft. Sam Houston Public Affairs

FORT SAM HOUSTON, Texas — Travis Gunter vividly remembers the day he woke up, not just from sleep, but from denial.

"It was Jan. 12, 2004, and I weighed 312 pounds. It was way too much," said Gunter. "I faced the truth that day and made a decision to get my weight under control."

Nearly two years and 100 pounds lighter, Gunter is now a svelte second lieutenant attending Officer Basic Course at Fort Sam Houston.

"I used to get winded walking up a flight of stairs, and now I'm helping others pass the PT test," said the environmental science officer. "I don't want to meet the bare minimum in life; I want to succeed and help others to achieve."

Gunter attributes his values, and his weight challenges, to his parents.

"I come from a family with weight problems — my parents, grandparents and sisters are all overweight," he said.

Although he tended toward the heavy, Gunter kept his weight under control by playing sports. He was an avid football and baseball player throughout high school in the sports-saturated town of Midland, Texas. The activity kept his spirits up and his weight down.

But when he started college at Baylor University in Waco, Texas, a challenging chemistry curriculum and a penchant for Oreos and Dr. Peppers started a weight increase that wouldn't end until more than a decade later.

"I'd buy a 12-pack of soda and a box of cookies every other day," he said. "I didn't just gain the freshman 15," he joked. "I also gained the sophomore, junior and senior 15."

He graduated in 1996, worked as a chemist for five years, then headed back to his alma mater for graduate school. With two jobs and a packed schedule, Gunter's dinner table was at the nearest fast food joint. He graduated in 2003 with a master's degree and a weight gain that caused him physical pain.

"My knees hurt, my back hurt; I was too young for that," he said. "I researched my pain on the Internet and it was all due to my weight."

With aspirations in hospital administration,

Gunter started work at a Waco hospital, but he was unsatisfied with his work and himself. Unsure of his future career path, he focused first on his weight. A month after he woke up and decided to lose weight, he started to exercise.

"The first day I ran, I couldn't finish a quarter of a mile; I was breathing so heavy," he said. "But I didn't let that stop or discourage me. I hadn't run for 12 years so I was easy on myself."

With a low-carbohydrate diet combined with daily workouts, the pounds melted away. Although happier with his weight, Gunter's dissatisfaction with his job remained.

He turned to his good friend, Ken Jones, from graduate school.

"He had joined the Army and seemed very happy with his job," Gunter said. "I saw that he was part of a team, part of something greater than himself. That interested me."

He decided to join too. The goal gave him the motivation to shed the final 20 pounds he needed to meet weight requirements.

"I'm stubborn and didn't let things get in my way," he said. "It's like smokers or alcoholics — people can try to change you but change comes from within. You have to want it wholeheartedly."

These days, Gunter runs, does hundreds of push-ups and sit-ups a week and only occasionally indulges in Dr. Peppers or Oreos, but wouldn't trade all the junk food in the world for his newfound happiness.

"I remember thinking on Jan. 12 that I never wanted to let my weight get out of control again," he said. "Everyone has a different motivation and my desire to do well and help others in the Army is mine. A healthy weight is part of that."



Elaine Wilson

2nd Lt. Travis Gunter does push-ups at the track on Stanley Road as part of a daily fitness regimen that also includes running and sit-ups.

New fitness program evaluated

Natick Soldier Center

NATICK, Mass. — The U.S. Army Research Institute of Environmental Medicine, along with the U.S. Army Center for Health Promotion and Preventive Medicine and the Army Physical Fitness School, has initiated a two-phased study to investigate potential weight and muscle loss in Soldiers deployed to Afghanistan.

The formal study has been prompted by Soldier observations and anecdotal evidence of weight/muscle loss, according to Marilyn Sharp, a research health exercise scientist in the Military Performance Division at the U.S. Army Research Institute of Environmental Medicine.

In February, Sharp's team, as well as U.S. Army Center for Health Promotion and Preventive Medicine and the Army Physical Fitness School, collected data on several hundred Soldiers who were set to deploy to Afghanistan.

Upon their return, the Soldiers will be re-assessed to evaluate body composition changes.

Some of the Soldiers will be trying out a new fitness program called Physical Readiness Training.

In Afghanistan, Soldiers are often on the move, carrying heavy loads on physically demanding terrain under high altitude conditions, which can stress the heart and the lungs. The loss of muscle mass and weight could impair the warfighter's ability to carry out his mission.

Physical readiness training strengthens muscle groups that enable Soldiers to perform their duties more efficiently and with



Spc. Spencer Case

Staff Sgt. Mary Reese, a medical supply NCO at the 10th Combat Support Hospital, works up a sweat on her as part of her "Iraq's biggest loser" regimen. Like others, Reese joined the program to "slim down and tone up."

fewer injuries.

During the group's pre-deployment evaluation, U.S. Army Research Institute of Environmental Medicine documented fitness levels and recorded the Soldiers' body mass.

The Soldiers were assessed in five areas: aerobic capacity, muscle strength, upper and lower body power, and body composition.

The Soldiers also filled out lifestyle questionnaires to document health-related issues and exercise habits.

The questionnaire will track how habits change during deployment and how habits are affected by the new exercise program. The data collected from the five fitness tests and from the questionnaire will be used to create a database capturing each soldier's overall physical condition. The soldiers will go through the five fitness tests again upon their return.



My Hooah 4 Health
www.hooah4health.com

Myth - You should take vitamin and mineral supplements for extra energy and strength during heavy physical activity like athletic competition and military training.

Fact - Vitamins and minerals do not give you energy or strength. Energy means calories, not get-up-and-go, and vitamins and minerals themselves have no calories. Carbohydrates, fats, and proteins provide energy. Vitamins and minerals help your body get the energy it needs from carbohydrates, proteins, and fats. Weight training or resistance training builds strength.

Myth - Drinking cold liquids during exercise causes cramps.

Fact Not at all. The cause of cramps is thought to be related to dehydration - a lack of fluid rather than too much. Cold drinks (40 to 50° Fahrenheit or refrigerator temperature) are the optimal beverages during physical activity because they leave the stomach more quickly than warm liquids.

Myth - You can condition your body to go without water by not drinking during physical activity.

Fact - Your body does not adapt to lack of water. It does the opposite - it heats up and slows down, just like a vehicle with an overheated engine. Not drinking during physical

activity is dangerous. If you go without water during activity you become dehydrated. Dehydration can cause fatigue, dizziness, headaches, weakness, and inability to walk. Severe dehydration can lead to heat stroke, kidney failure, and even death.

Myth - You need to drink only when you are thirsty.

Fact - Thirst does not tell you when you need water. By the time you feel thirsty you are already dehydrated. You should drink before, during, and after physical activity to keep your body well-supplied with water. In extreme weather conditions, such as heat, cold, and altitude, you need more water more often than you do in a temperate climate. Water is your most important performance nutrient. When your body gets low on water your endurance, stamina, speed, and concentration are weakened.

Myth - Sports beverages and performance drinks are always better than water for performance.

Fact - Water is always appropriate for fluid replacement. For exercise sessions lasting less than 60 minutes, sports drinks offer no advantage over water except in taste. However, for hard exercise lasting over an hour, sports drinks do have a performance advantage, because they provide carbohydrates to fuel working muscles and your brain. It's important to take protein supplements if you want to increase the size and strength of your muscles. Protein supplements do not increase the size or strength of muscles and the amino acids in these supplements are not superior to the amino acids found in food. What does increase muscle size is training, extra calories from carbohydrates, and some additional protein. You can easily get that extra protein from food. Tuna

fish, chicken, lowfat milk, lowfat cheese, and instant breakfast powders are excellent sources of protein. For example: to gain 1 lb. of muscle in a week, each day you need an additional 400 calories plus 14 grams of protein, the amount in 2 ounces of meat or 2 glasses of milk. Since most Americans already eat far more protein than they need, this 14 grams of protein is already in your diet. If you take in too much protein, your body can't use it. Excess protein is stored as fat.

Myth - Carbohydrate loading can improve performance for all physical activity.

Fact - Carbohydrate loading - eating many more carbohydrates than normal while tapering your physical training several days before an endurance activity - is not recommended for events lasting less than sixty continuous minutes because it does not work. Your liver and muscles are able to store enough glycogen to last 60 minutes or more of physical activity. Therefore, carbohydrate loading for exercise lasting less than 60 minutes would not be helpful. Eating a consistent diet that is 55-65% carbohydrate will allow you to replace muscle glycogen stores on a daily basis.

Myth - Salt tablets are needed to replace sodium lost in sweat while exercising.

Fact - While a little salt is lost in sweat during physical activity, this loss rarely needs to be replaced during exercise and can be adequately replaced by regular meals. Only when you are sweating profusely for several hours and not eating should you be concerned about replacing salt. In these situations, drink a commercial sports drink or a dilute salt solution. Salt tablets are too potent and dangerous. They increase your water requirement and soak up body water that should be going to your muscles.

Hurricane safety tips: what you need to know

El Morro Staff

There are real benefits to being prepared.

- Being prepared can reduce fear, anxiety, and losses that accompany disasters. Communities, families, and individuals should know what to do in the event of a hurricane and where to seek shelter. They should be ready to evacuate their homes and take refuge in public shelters and know how to care for their basic medical needs.

- People also can reduce the impact of disasters (flood proofing a home or moving out of harm's way, and securing important items) and sometimes avoid the danger completely.

The need to prepare is real.

- Disasters disrupt hundreds of thousands of lives every year. Each disaster has lasting effects, both to people and property.

- If a disaster occurs in your community, local government and disaster-relief organizations will try to help you, but you need to be ready as well. Local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere.

- You should know how to respond to severe weather or any disaster that could occur in your area - hurricanes, earthquakes, extreme heat, flooding.

- You should also be ready to be self-sufficient for at least three days. This may mean providing for your own shelter, first aid, food, water, and sanitation.

External doors —

Your home has either double or single entry doors. If they are solid wood or hollow metal they probably can resist wind pressures and hurricane debris. However, if you are not sure whether they are strong enough, take these precautions:

- Install head and foot bolts on the inactive door of double-entry doors.

- Make sure your doors have at least three hinges and a dead bolt security lock which has a minimum one inch bolt throw length.

- Since double entry doors fail when their surface bolts break at the header trim or threshold, check the connections at both places. Be sure the surface bolt extends into the door header and through the threshold into the subfloor.

Because of their width, double-wide garage doors are more susceptible to wind damage than single doors. Unless you have a tested hurricane-resistant door, the wind may force it out of the roller track -- especially if the track is light weight or some of the anchor bolts are not in place. This occurs because the door deflects too much under excessive wind pressure and fails.



Courtesy Photo

Older structures need to be retro-fitted to withstand hurricane damage.

try doors, garage doors, gable end vents, etc.) should be covered with tested and approved hurricane shutters or should be constructed of impact-resistant materials.

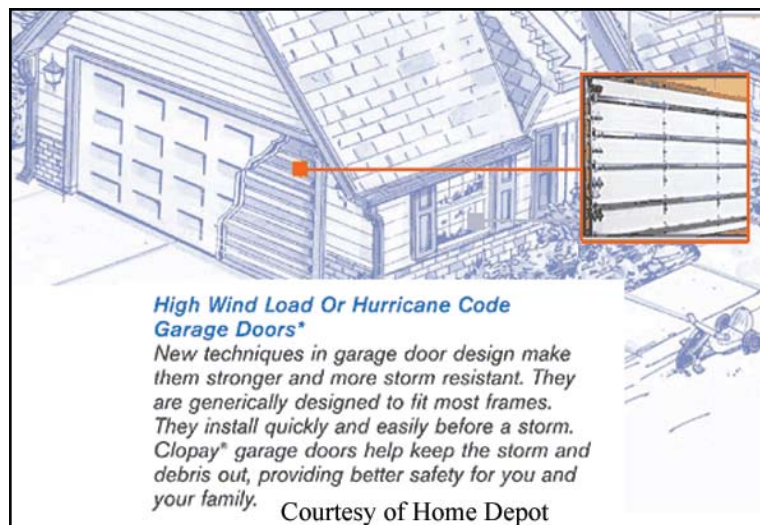
#2 Myth

Crack or open windows to allow wind pressure inside the house to equal pressure outside and avoid damage.

Reality

Opening windows to relieve pressure is a myth that has perpetuated for some time because of the way buildings appear to fail from high winds. Today, experts and wind scientists agree that the most important thing to do in a windstorm is to keep all windows and doors closed to prevent wind from entering and causing a syndrome called internal pressurization.

For optimal protection, windows, doors and garage doors should be covered with an approved hurricane shutter system or be constructed of impact-resistant material.



To secure your garage door —

- Check with your local building supplier or garage door retailer to see if a retrofit kit is available for your garage door.

You should probably reinforce your double-wide garage door at its weakest points. This involves installing horizontal and/or vertical bracing onto each panel, using wood or light gauge metal girds bolted to the door mullions.

You may also need heavier hinges and stronger end and vertical supports for your door.

If you decide to retrofit your garage door with a kit that allows you to operate the door after it is installed, make sure the door is balanced by lowering it about halfway and letting go. If the door goes up or down, the springs will need adjusting. Note: Since the springs are dangerous, only a professional should adjust them.

If you are unable to retrofit your garage door with a kit specifically designed for your door, you can purchase garage door retrofit kits to withstand hurricane winds at your local building supply store.

Also, check to see if the supplier can do the installation.

During a "category five hurricane", sustained winds reach speeds of 155 m.p.h., however gusts of wind may reach 200 m.p.h. and over!

Wind conditions this fierce can cause anything that is not sufficiently secured to become airborne loose roofing materials, trees, signs, pottery, patio furniture or possibly a neighboring home blown apart by the hurricane.

The impact of this flying debris can destroy a window or a door and cause a breach in the "building envelope." This allows hurricane-force winds to enter the building.

Within seconds a build-up of internal pressure virtually blows the roof off and the windows out.

The single most common cause of hurricane related damage is attributed to flying objects breaking out windows and sliding glass doors, and the ensuing water and wind damage.

sistent material.

#3 Myth

Protect only the windows and doors facing the ocean.

Reality

Wind can come from any direction or angle and may change direction quickly. Covering windows, entry doors, and garage doors with tested and approved systems is the best way to prevent damage from flying debris or wind pressure. If no system is in place, use 5/8" plywood as an emergency board-up measure, but be sure to use appropriate attachment methods or the plywood will become windborne debris and increase damage potential.

#4 Myth

Sandbags can prevent water from entering a home.

Reality

Sandbags are effective when used to channel or direct water away from a home, provided they are properly filled and maintained.

Fill sandbags only half full, press down securely into place, and limit placement to three layers, unless a building is used as a backing or sandbags are placed in a pyramid.

#5 Myth

Light candles if power goes out.

Reality

NEVER use candles or gas or oil lanterns during a storm as they increase risk of fire or ignition of damaged, leaking gas lines.

If a fire is started in your home, emergency responders may not be able to respond due to the weather conditions. Use only flashlights or battery powered lanterns during and after a storm until power is safely restored and all gas lines are checked.

Protect from carbon monoxide poisoning by properly ventilating equipment used during power outages, including generators and cooking grills.

APIC "Short Takes"

El Morro Staff

"Valuing Employees and Partners"

The Army Performance Improvement Criteria is built upon 11 Core Values and Concepts. These values and concepts are embedded beliefs and behaviors found in high-performing organizations. They are the foundation for integrating key business requirements with a results-oriented framework that creates a basis for action and feedback. The 11 APIC Core Values and Concepts include:

- Visionary Leadership.
- Customer driven excellence.
- Organizational and personal learning.
- Valuing employees and partners.
- Organizational agility.
- Focus on the future.
- Managing for innovation.
- Management by fact.
- Social responsibility.
- Focus on results and creating value.
- Systems perspective.

This month's APIC article looks at valuing employees and partners" and how it impacts our organizations. An organization's success depends increasingly on the diverse knowledge, skills, creativity, and motivation of all its employees and partners.

Valuing employees means committing to improve their satisfaction, their development, and their wellness. Major challenges include demonstrating commitment to employee success, recognizing high performance employees with compensation beyond the norm, ensuring employees have visible opportunities to grow personally and professionally, and providing employees with attractive career progression opportunities. Increasingly, Valuing employees also means offering flexible work practices including flexible work hours, part-time work, on-site child-care, job sharing, telecommuting, and gradual/phased retirement.

Valuing partners, both internal and external, can also boost an organization toward better results and higher levels of performance.

Internal partnerships might include labor-management cooperation, such as agreements with unions. Internal partnerships can also involve encouraging network oriented relationships between work units to improve flexibility, responsiveness, and organizational knowledge sharing and creation.

External partnerships might be with customers, suppliers, or education organizations.

In external partnerships, approaching the relationship in a strategic manner is of great importance.

See APIC — Page 17

Flag — powerful symbol, rallying point for Soldiers

Jim Garamone
American Forces Press Service

WASHINGTON — It wasn't all that long ago that everyone seemed to be flying an American flag.

In the days and weeks after the terrorist attacks in New York and Washington, American flags sprouted from everywhere.

At the World Trade Center site, New York firemen hoisted an American flag amid the rubble. At the Pentagon, workers paused and saluted as a huge garrison flag was draped next to the impact point.

Flags sprouted on mini-vans and motorcycles. People raised flags on new flagpoles on front lawns and atop apartment buildings. It seemed that every overpass on interstate highways had a flag. And this doesn't count the millions of decals, rub-ons and bumper stickers that featured the flag.

That was the latest manifestation of the flag of the United States of America as a symbol for all that the country stands for.

It seems in time of crisis, the flag is a rallying point.

On June 14, 1777, the Continental Congress approved the U.S. flag and detailed the composition. Originally, it was literally a rallying point for the troops of the Continental Army. In battle, the unit flag was the center of mass, and from the area around the flag commanders gave orders and rallied troops.

The flag as a symbol of America grew out of the War of 1812. Francis Scott Key was so inspired by the sight of the American flag flying over Fort McHenry on Sept. 12, 1814, that he wrote "The Star Spangled Banner."

"And the rockets' red glare, the bombs bursting in air, Gave proof through the night, that our flag was still there."

These words inspire Americans today, and when U.S. citizens see the flag they are reminded that America is still "the land of the free, and the home of the brave."

The American flag has become more than just a red, white and blue design. It has become a symbol of what we stand for



Staff Sgt. John Valceanu
Soldiers fly the United States flag at their outpost in the vicinity of Bagram Air Base, Afghanistan.

as a country. America reunited under the flag following the Civil War. The American flag flew at the Marne in World War I and at Iwo Jima during World War II.

The American flag flew at Porkchop Hill in Korea and Hamburger Hill in Vietnam. It has flown over Grenada, Kuwait, Kabul and Baghdad. It covers the caskets of the fallen as they come home. And just last week, we saw it adorn the coffin of President Ronald Reagan, who in life created new respect for the stars and stripes.

The United States is more than just land fortunately located in North America. The United States is a republic, and Americans do not swear fealty to royalty or land or nobility. Rather, Americans swear to uphold the Constitution of the United States, and the American flag is a symbol of that oath.

On Flag Day, remember that oath and those who have died for the freedom the American flag represents.

Labor relations Corner — Sexual Harassment

John Calderon
Labor relations

Joint Labor-Management actions towards sexual harassment

During the last decade, federal agency guidelines and court rulings involving sexual harassment have had a dramatic impact on business and industry. As charges of sexual harassment increase, unions have incorporated this issue into their organizing, collective bargaining, and contract administration efforts.

In the book entitled "Sexual Harassment in Employment Law," Barbara Lindemann and David D. Kadue cite the following major problems related to sexual harassment.

1. Sexual harassment has been pointed out as the most increasing, widespread problem faced by women in the workforce.
2. Sexual harassment may occur in various forms, including "rape, pressure for sexual favors, sexual touching, suggestive looks or gestures, sexual joking or teasing, and the display of unwanted sexual materials."
3. Men tend to be harassers and women the victim in the severest situations of sexual harassment.
4. Men and women may differ in determining acceptability of sexually related conduct. What some men may consider normal conduct may be highly offensive to some women. Moreover, women often remain silent when confronted with sexual harassment.

Title VII of the Civil Rights Act of 1964 (amended by the Civil Rights Act of 1991) prohibits discrimination in employment because of an individual's gender. The 1976 decision in *Williams v. Saxbe* was the first to recognize sexual harassment as a form of sex discrimination. In 1980, the Equal Employment Opportunity Commission issued Guidelines on Sexual Harassment, in which it defined sexual harassment as "unwelcome sexual advances, request for sexual nature," such as intentional patting, pinching, leering, or obscene gestures. The guidelines indicate that sexual harassment occurs when submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment; is used as the basis for employment decisions; or unreasonably interfere with an individual's work performance or creates an intimidating, hostile, or offensive working environment.

The two types of sexual harassment are recognized by the EEOC guidelines and the courts. *Quid pro quo* harassment occurs when an employee rejects a superior's sexual demands and as a result, loses an economic benefit, such as a promotion, increase in salary, or employment. In *Meritor v. Vinson*, the U.S. Supreme Court held that Title VII forbids sexual harassment even when no economic loss is suffered by an employee. The court defined hostile environment sexual harassment as a form of sexual discrimination and stated that the harassment as a form of sexual discrimination and stated that the harassment must be severe enough to change the victim's employment conditions and create an abusive work environment.

Since the issuance of the guidelines, the EEOC noted a significant increase in reported charges of sexual harassment. Before the guidelines in 1980, the EEOC received about 1,000 sexual harassment charges per year. The commission received 15,618 charges in FY 1998 and continue to rise as employees are learning more about the subject. The unwritten message; "Sexual Harassment has no place in the workplace!"

Unions have also shown an increased interest in sexual harassment issues over time. Joyce Miller of the Coalition of Labor Union Women maintain that non-union woman remains relatively powerless to defending herself against sexual harassment, whereas the union "gives power to the powerless" through its educational efforts and grievance procedure.

Education of employees regarding sexual harassment can be offered at any given time

See Labor **Page 17**

Casualty benefits — your rights, benefits in stressful times

Maj. Dominick Pillot
Ft. Buchanan IG Office

At different times in your love one's military career he has been given the opportunity to make choices with regard to notification of next of kin, payment of death gratuity, unpaid pay and allowances, and disposition of remains in the event they become a casualty.

A casualty assistance officer will help you understand the government entitlements and reimbursement for the costs associated with these services. He or she will also need to verify the accuracy of the family information in the Department of Defense records.

The Department of Defense Form 93 (Record of Emergency Data) provides this information. Your casualty assistance officer may ask for copies of important documents. Without these documents benefits may be delayed or denied. The DOD is bound by law to follow your loved ones in-

structions with regard to these benefits and entitlements.

Decisions relating to funerals and burials are the responsibility of the Person Authorized to Direct Disposition of Remains. Because of federal law and individual service member elections, it is possible that the Primary Next of Kin, the Person Eligible to Receive Personal Effects, and the Person Authorized to Direct Disposition of Remains are the same person. It is equally possible that they could be three different people; therefore, each designation will be fully explained to you.

There are other areas that you will probably need assistance. The legal assistance officer will guide you on legal issues that can have a profound effect on the benefits and entitlements you receive. It is important to review the Service member's will and any estate planning documents before applying for insurance or other monetary benefits.

The death gratuity is a DOD lump sum

payment benefit to the survivors of a service member who dies on active duty, active duty for training or within 120 days after release from active duty if the death is due to a service related disability.

By law only certain people are eligible to receive death gratuity payments and an order of precedence has been established as follows: Surviving spouse, children (in equal shares without regard to age or marital status if there is no surviving spouse), parents, people acting as parents, brothers or sisters (if designated by the service member). This benefit will normally be paid within 72 hours to the eligible beneficiary.

Additionally, a beneficiary may be eligible for The Servicemember's Group Life Insurance to a maximum amount of \$400,000, if your loved one elected to be covered; the Dependency and Indemnity Compensation, paid to eligible survivors of active duty members and survivors of those veterans whose death is determined



by the DVA to be service-related; health-care, commissary, and exchange; ID card; VA home loans; transition assistance; dependent educational assistance; grief counseling; Survivor Benefit Plan and assistance by the Social Security Administration.

Ask your casualty assistance officer for details. The office is located in the Welcome Center.

Preventing child abuse throughout the year

Wilda Díaz
Family Advocacy Program Manager

During the month of April the Fort Buchanan Installation celebrated the Month of the Military Child and Child Abuse Prevention. A proclamation ceremony was conducted at the Community Club. The Army Community Service/Family Advocacy Program, Child and Youth Services, and Domestic Dependent Elementary and Secondary Schools joined efforts to make this event a great success. Our students were the stars of this activity.

They demonstrated their talents through being mistress of ceremony, creators of their own performances, singers, dancers, and painters.

The theme used for the drawing contest and talent/musical shows was — Recognizing, Responding, and Reporting ALL

Child Abuse and Neglect!

The effects of child abuse are felt by whole communities, and need to be addressed by all.

Effective child abuse prevention programs succeed because of partnerships created among social service agencies, schools, religious and civic organizations, law enforcement agencies, and the entire community.

Therefore, I encourage everyone to become more aware of the negative effects of child abuse and its prevention within the community, and become involved in supporting parents to raise their children in a safe and nurturing environment.

For this reason, the Family Advocacy Program is providing Fort Buchanan community with child abuse/neglect and family violence awareness and prevention activities throughout the year.



Courtesy Photos

(Left to right) Freddie L. Giddens, Morale, Welfare and Recreation director holds a Child Youth Service student as Wilda Diaz, Family Advocacy Program manager and Col. and Mrs. Stephen M. Ackman cut the cake in celebration of Child Abuse Prevention Month.



Col. Stephen M. Ackman, commanding officer, Fort Buchanan, presented medals to students attending the Child Abuse Prevention ceremony.



Students from Antilles Middle School performed for the audience.



Sparky was a big hit with the elementary school students.



The day's entertainment was provided by all the different Antilles School systems. Here, students from the Intermediate School perform a dance routine to the delight of the audience.

Adamski takes over post DES operations as director

Marc McCormick
El Morro Staff

April 15 Fort Buchanan gained a new director for Department of Emergency Services. James D. Adamski arrived at Fort Buchanan from Korea where he was the Director of Plans, Training, Mobilization Security for the U.S. Army Area Support Activity.

Adamski graduated with a degree in Criminal Justice and during the course of his career since retiring from the Army has become qualified in such diverse area of professional development as Force Protection Officer, Computer Forensics Specialist Senior Special Agent and criminal Investigator among others.

Over the years, after joining the service and becoming a Military Policeman in the 1980's, he has witnessed the change in new equipment and technology observing, "It has never made the job easier because the job has always been tough."

After becoming familiar with Fort Buchanan's operations — specifically the Fire Department and the Army Police operations under the leadership of chiefs Raymond Johnson and Vincente Gonzalez — Adamski said, "I don't intend to change anything," referring to the excellent DES operations on post.

Looking to the future of DES operations, he also pointed out a surprising fact. In the near future, Fort Buchanan will become the first all civilian police force in the Army. Currently, on-going training classes will soon integrate new officers into the department.

Overall, the department has continuing professional development for all its officers. "Our in-house professional training keeps the officers up-to-date on changes in the law; new technologies and new enforcement tech-

niques," Adamski said. "We get our people specialty training such as traffic control, accident investigation and handling Military Working Dogs."

"For the personnel at the Fire Department the eventual goal is to have everyone trained in basic response (medical); become hazmat qualified; learn advanced life support with the goal of becoming EMT qualified," he said. Currently, the ambulance service is being provided by contract.

Adamski also pointed out that Fort Buchanan personnel participate in on-going cross training with their Puerto Rico counterparts. Along with memorandums of understanding, each can assist the other in times of need if requested.



Marc McCormick
James D. Adamski became Fort Buchanan's new director of DES April 16.

APIC From Page 14

If approached strategically, such partnerships might offer entry into new markets, a basis for new products or services, joint education and training opportunities, a blending of each organization's core competencies with the others, and enhancement of the overall capability of both partner's, including speed and agility.

More information about APIC can be found at Web site www.hqda.army.mil/lead-change/APIC/.

Labor

by your local union representative or your Labor Relations section. Publications such as the AFL-CIO's Working in the USA, the UAW's When I say No, I mean No, and Stopping Sexual Harassment: An AFSME Guide indicate several measures a local union can take to combat sexual harassment. Delegates at an American Nurses' Association convention stressed that hospital employer should sponsor educational programs on the subject such as teaching skills that nurses can use to deter sexual harassment. Unions have also been successful in negotiating collective bargaining provisions on sexual harassment. AFSCME has a somewhat standard clause that indicates that "sexual harassment includes any sexual attention that is unwanted" urges employees to file grievances on this issue, which will be processed in an expedited manner; and provides for an employee's transfer at the same job after sexual harassment has occurred. The union, which is bound by the duty of fair representation, may be faced with a problem when a grievance is directed at another bargaining unit employee. When a case is brought by a female member of the bargaining unit against a male

who is also a member of the unit, the union faces a dilemma of loyalties. The Paper, Allied-Industrial, Chemical, and Energy Workers Union (PACE) has published a very useful guide outlining a union's role in handling sexual harassment allegations entitled Sexual Harassment: A Union Issue for the 90's.

Arbitrators have reinstated some male employees in this situation because of lack of evidence or the arbitrator's perception that the male and female employee had already resolved the problem. There are cases in which arbitrators have reduced the penalty of discharge because they decided that the penalty was too severe. The arbitrator may consider factors such as seniority, a good work record, evidence that the behavior was an isolated incident, the quality of proof of the employee's guilt, and management's failure to address the problem with a sexual harassment policy or with disciplinary procedures. Arbitrators have also upheld an employer's decision to discharge an employee when it was shown that the employee's behavior created an offensive work environment that interfered with job performance. It also

It takes an entire community to make this 4th of July the Best!
FIREWORKS DISPLAY AT 7:30 pm on 4 July
Schedule of Events at the Cabaña Picnic Area
3 July
Amusement Rides from noon to 10 pm
Reggaeton Music, 4 - 8 pm
Reggaeton Contest (Visual Impressions) 8:30 - 9:30 pm
Clowns and Face Painting from 4 - 8 pm
4 July
Amusement Rides from noon to 10 pm
DJ Music, 12 noon - 9 pm
Steel Band, 1 - 2 pm
Parade, 2 pm
Jazz Band, 2:30 - 3:30 pm
Clowns and Cotton Candy from 4 - 8 pm
Rock & Roll Jerry & the Cadillacs, 4 - 5:30 pm
Conjunto Quisqueya, 6 - 7:30 pm
El Gran Combo, 8 - 9:30 pm
Also featuring inflatables • Food Kiosks and more! POC Ms. Soto, 787-707-3778/247-5677
Sponsored by:

REGGAETON UNLIMITED
MONDAY, 3 JULY Cabaña Picnic Area Fort Buchanan
CONTEST from 8:30 - 9:30 pm
Who's the BEST improvising vocals?
TROPHIES FOR 1st • 2nd & 3rd
CONTINUOUS HOURS OF REGGAETON FUN!
4 - 8 pm
Featuring:
DJ BLASTER • ALEX ZURDO
MANNY MONTES
For more information:
787-707-3778/247-5677
Derogatory remarks about females, sexually explicit expressions and irreverent language will not be allowed.

Asian

scrutiny of our persons and our effects and how every decision we make takes into account security and personal well being. She explained also how, through the effects of terrorism, our liberties have been indelibly altered.

She then compared how long it took to complete previous conflicts, such as World Wars I and II which lasted four years each, with the Global War on Terrorism — "The war on terrorism will not be a war of instant gratification," she said. "It is going to last a very long time. We must be prepared for the long haul. Because terrorism defies all logic, all rules, all understanding it will be extended for a long time."

Pietsch then rhetorically asked the audience, "What does my speech so far have to do with Asian-Pacific heritage?"

"They too have answered the call of duty and they too are fighting the war on terrorism," she said. "Today, Asian-Pacific Americans comprise 4.5% of all personnel on active duty and 3.4% of all Guard and Reserve (forces). Asian-Pacific Americans have served with honor and courage in our

From Page 1
nation's wars and conflicts and will again," Pietsch said.

More than 60 Asian-Pacific Americans have died in the Global War on Terrorism and many others have been wounded, she pointed out. "Asian-Pacific Americans serve America and represent the best of America. What these Asian-Pacific Americans have in common are Army values and the honor of the Soldier's Creed."

In her current position, Pietsch is the senior civilian attorney for Headquarters United States Army Pacific Command, Honolulu, Hawaii. She is responsible for civil and administrative law matters for the command.

As President Bush's proclamation states — "Asian-Pacific Heritage Month acknowledges those Americans who represent the many nations and ethnicities, each with its own culture, heritage, language and experience. Across our country, this diverse group of people has excelled in all walks of life. Their talent and hard work have added to the success and prosperity of our nation."

had supported management's decision to discipline employees for sexual harassment in cases of vulgar conduct, unwelcome amorous advances, and the sexual harassment of customers or clients. Cases of vulgar conduct have included "sexual or crude languages directed at a co-worker, obscene sexual gestures, exposing self to female coworkers, intentionally entering a women's restroom with a female co-worker present, and spreading stories about the sexual activities of co-worker." Arbitrators have handled cases requiring a distinction between harmless romantic conduct and obsessive and compulsive behavior that may indicate psychological problems. Under the law of the shop, employees are expected to refrain from harassing customers, clients, and other non employee/s with whom they deal with in their employment.

In some cases, Title VII guidelines have been incorporated into collective bargaining agreement; therefore, arbitrators adhere to these guidelines in making decisions. Arbitrators will also consider these guidelines if they are not in the labor agreement because they reflect public policy.

The Supreme Court acted in mysteri-

From Page 15
ous ways in its decision making process and strongly indicated that the courts could overturn an arbitrator's decision if it violated clearly defined public policy. The historically, circuit courts have been divided over whether and when arbitrator's decisions should be violated public policy prohibiting sexual harassment. The Supreme Court (Teamsters Local 776 v. Stoehmann Bakeries) gave some direct guidance when it refused to hear an appeal of a Third Circuit decision that indicated an arbitrator could not reinstate an employee discharged for allege sexual harassment without considering whether the employee actually committed the action as charged. The arbitrator's decision was based solely on procedural irregularities—management did not ask the grievant for his version before discharging him. Thus Supreme Court in future decisions will likely view sexual harassment as a violation of clear public policy and therefore subject to judicial reversal of arbitrators' decisions....

Most of the information listed above is research work and all arbitration decisions were taken from Bureau of National Affairs Labor Arbitration Awards.

Elmo

From Page 1

Col. Elmo's military schools include — Airborne School, Quartermaster Officer Basic Course, Parachute Maintenance Supply Officer Course, Advance Airborne Course (Jumpmaster), Air Movements Operation Course, Civil Affairs Advanced Course, Command and General Staff College, Defense Strategy Course (U.S. Army War College), Reserve Components National Security Course (National War College), U.S. Army War College.

Although the official change of command is scheduled to take place in July, the Soldiers of the 65th RRC received a preview of the incoming commander and his respective philosophies on service.

Brig. Gen. Jose Rosado took the opportunity to thank all the Soldiers for their hard work and dedication during his four year tenure.

"It has not been easy these last four years, but I thank you for your devotion and commitment in always striving for success," Rosado said.

Rosado also said, "We have gone through some of most difficult times but thanks to your professionalism we have made a name for ourselves, thank you for that."

He thanked especially his wife for her unfailing support and love, and, in an emotional moment for everyone, he presented her with his last coin.

Col. Elmo enthusiastically greeted the PRimeros and introduced himself simply as "...I am an American Soldier," then he proceeded to recite the rest of the Soldier's Creed. When he finished he said, "...that is who I am and the values that I live by, that is our creed and what defines each and every one of us who wears this uniform."

The new commander added that he specifically requested the 65th RRC and he is thankful and proud to be leading such an outstanding military organization with a historic and exemplary past.

Then when he was finished, speaking in perfect Spanish he added, "Hoy, yo soy Boricua."



(Above) Past and present, new 65th RRC commander, Col. (P) David S. Elmo walks with former commander, Brig. Gen. Jose M. Rosado, moments after their ceremonial change of command. (Below) 65th RRC commander, Col. (P) David S. Elmo, addresses the Soldiers of the Headquarters and Headquarters Company moments after assuming command from Brig. Gen. Jose M. Rosado.



Vicente Velez

Life is just an Adventurer...

Fort Buchanan's Venturing Crew 95 attended the 2006 Boy Scout Jamboree in Balneario Tres Hermanos, Anasco, with more than 5,000 registered Scouts. Pictured are: Front row (left to right) Andrew Agostini, Ana De Los Reyes and advisor Jorge Agostini. Second row (left to right) Osraldo Alcaraz, Wendy Zambrana, Christine Agostini, Juliana Midlash, Carlos Vega, advisor Debbie Agostini, Anghela Moreno. In the back (left to right) Andrea Adams, Joy Midlash, Tamisha Townsend, Joseph Colon and Alan Rodriguez. Fun was the word for the weekend. The Crew enjoyed activities such as Shooting Sports; a concert by Black Guayaba; land navigation; kayaking and plenty of time to hang-out at the beach. Buchanan's Venturing Crew 95 is located at 1145 Ausubo St., Fort Buchanan. For information on how to join, contact advisors Jorge or Debbie Agostini at 637-9383/9384. (Boy Scout) venturing is a co-ed, high adventure program. Boys and girls, ages 14 to 21, are welcome to join.

Brownie Troop 482 completes local community service projects

Michelle Weiss
Brownie Troop 482

The girls participating in Fort Buchanan's Brownie Troop 482 during the 2005-2006 school year not only learned some basic principles of Girl Scouting, but also experienced life lessons about helping others in their community.

The troop's most recent community service project was held in conjunction with the 14th annual National Association of Letter Carriers Food Drive — the largest annual one-day food drive in the world.

As such, the girls collected non-perishable items and delivered them to the post office on Fort Buchanan. In addition to Troop 482, members of Troop 065 also participated in the food drive.

"Learning about helping others is an instrumental life lesson," said Michelle Persons, leader of Troop 482. "It is important for youngsters to gain an appreciation that an entire world outside of them exists."

Through Girl Scouting, we were able to give them a sense of how helping others can also make them feel good about themselves."

Earlier this year, the Brownies created patriotic windsocks and egg-crate tulips, which they presented to veterans during a Veteran's Day celebration at the San Juan Veteran's Administration Medical Center.

During the visit, the girls sang two Girl Scout songs, bringing smiles and some tears of joy to the veterans and their families in attendance.

The girls also collected toys for sick children at the recently-opened Ronald McDonald House in Santurce.

Fort Buchanan's Brownie Troop girls range in age from six to nine and total more than a dozen. During the academic year, the girls had the opportunity to earn up to 10 Try-It badges and 12 Fun Patches.

Beyond this, the girls also went on a tour of Pizzeria Uno; toured Old San Juan and Condado on the Captain Duck Tours; had a visit from the post's veterinarian; and participated in a special session at the Fort Buchanan Library. Two of the Brownies are in the process of bridging to the next level of Girl Scouts and will become Junior Girl Scouts during the next academic year.



Courtesy Photo

Brownies from Fort Buchanan's Troop 482 present non-perishable foods they collected to Jose Cintrone, windows retail associate for the United States Postal Service at Fort Buchanan. The girls collected the food as part of their community service project in conjunction with the 14th annual National Association of Letter Carriers (NALC) Food Drive — the largest annual one-day food drive in the world

MWR

Morale, Welfare and Recreation

Caribbean Scoop

a taste of events to come...

visit us on the internet at www.buchanan.army.mil/mwr

Fort Buchanan, Puerto Rico • June 2006

•• OUTDOOR RECREATION ••

~ Scuba Diving Trip to Guánica

Saturday, 17 June • Departing at 5:30 am from Outdoor Recreation, Bldg. 67. Fee \$85 per diver, includes two dives, 2 tanks, snacks, fresh sliced fruit and transportation.

~ Trip to Aibonito Flower Fest

Sunday, 2 July • Leaving from Outdoor Recreation, Building 67 at 7 am.

Fee: \$10 per person, includes transportation.

For more information call Outdoor Recreation at 787-707-3734 or 787-552-7222,

Mon & Fri 8 am - 5 pm; Sat 8 am - 12 noon.

•• CHILD & YOUTH SERVICES ••

~ Ballroom Dance Course (16 weeks courses)

Would you like to learn how to dance Salsa, Merengue, Tango or Waltz? You can also learn elements of etiquette and dance theory. Monthly cost of course per student:

- Intermediate School student: \$45
- Middle School student: \$45
- High School student: \$90

For more information call CYS Admin. Office at 787-707-3787 or visit us at Bldg. 1020-A, Buchanan Heights.

~ Swimming Classes

CYS is conducting a survey on adults and children interested in taking swimming classes. Please call CYS Admin. Office at 787-707-3787.

•• SPORTS & FITNESS ••

~ Step n' Tone Challenge

Monday, 5 June • 5:30 pm at the Fitness Center, Bldg. 167. • Free • 1.5 hours aerobic class with step and toning exercises.

~ Spin & Tone

Wednesday, 21 June • 6 pm at the Fitness Center, Bldg. 167. • Free •

For more information call Fitness Center at 787-707-3767.

~ Tennis Tournament

Registration Deadline: Wednesday, 21 June by COB at the Fitness Center. Tournament will be held Saturday 24 thru Sunday 25 June at 9 am at the MWR Tennis Courts (behind gas station.)

POC Sports Office at 787-707-3277 or 787-707-3767.

•• ARMY COMMUNITY SERVICE ••

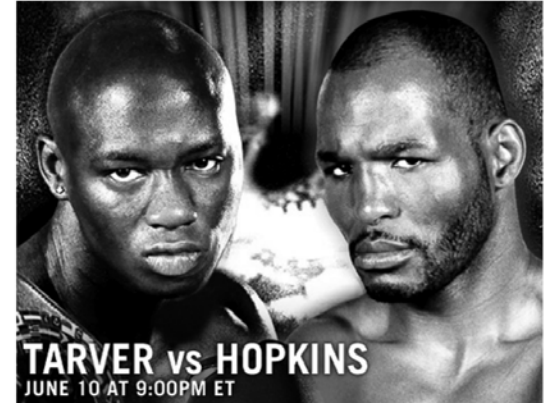
Military Spouse Appreciation Activity:

Learn to use Make-up like a Pro and Dress for Success.

Wednesday, 28 June • 9 - 11 am at the Community Club & Conference Center. A workshop to show tricks on how to get the most of your natural attributes thru make-up and the use of proper attire. Free!

For details and reservations call Relocation Readiness Manager at 787-707-3682/3697.

•• COMMUNITY CLUB & CONFERENCE CENTER ••



TARVER vs HOPKINS
JUNE 10 AT 9:00PM ET

PPV-Event: Tarver vs Hopkins - Fight to the Finish
Saturday, 10 June • 9 pm. Live from Boardwalk Hall in Atlantic City. Cover Charge: \$15 per person, includes one free beverage.

For more information call the Community Club & Conference Center at 787-707-3535 xt 200/206.

•• LIBRARY ••

"Sail Away" Summer Reading Program

Kids, you are invited to join the "Sail Away" Summer Reading Program. Sign-up at the Library between 1 - 10 June and receive an "Around the World Reading Record" to record each book you've read. A special craft project will be completed too. For more information call the Library at 787-707-3208 or visit Bldg. 518.



At Buchanan Bowl starting
Memorial Day weekend (27 May '06)
through Labor Day (4 Sep '06.)

If you are 10 - 18 years old you can get your stamp cards in the schools, youth centers and other MWR locations to the end of the school year. The card has 101 squares corresponding to the calendar days above, and entitles the card-holder to one free game of bowling every day during the promotion period. A minimum of 10 stamps is required to enter drawing of local prizes. First Place: iPod Shuffle, Second Place: DVD player. Only one entry per child allowed. Of the cards drawn the one with the most stamps wins the first prize. For more information see June's 2006, MWR Caribbean.

Healing Arts classes

designed to help alleviate stress and tension, improve flexibility, eliminate toxins, increase energy levels and tone your body...

YOGA

- Mondays at 9 am
- Wednesdays at 12 noon

T'AI CHI

- Wednesdays at 9 am

YOGA & PILATES

- Tue & Thu at 4:30 pm

For more information call the Fitness Center at 787-707-3767



Thursdays is

LADIES NIGHT

at the Fort Buchanan Automotive Skills Center

1/2
price
OFF

Thursday, June 1
Vehicle Diagnostic Test

1/2
price
OFF

Thursday, June 8
Coolant System Flush

1/2
price
OFF

Thursday, June 15
Tire Balancing & Mounting

1/2
price
OFF

Thursday, June 22
Charging System Check-Up

Offers apply only during date posted between 4 - 8 pm. ONLY FOR LADIES!
For more information call or visit us! Automotive Skills Center at 787-707-3972



Caribbean Scoop

Fort Buchanan, Puerto Rico • March 2006

visit us on the internet at www.buchanan.army.mil/mwr

Inside:

- Tarver vs Hopkins
- Trip to Aibonito Flower Fest
- Ballroom Dance Courses
- Tennis Tournament
- Automotive Classes
- Military Spouse Appreciation Activity

For more details about these events see inside at the MWR Caribbean Scoop!

\$17.95

PER ADULT
Children 12 yrs. and under pay half price

Enjoy with DAD a delicious...

BUFFET BRUNCH & LIVE MUSIC!

Sunday, 18 June
11 am - 2 pm



Buffet line from 11 am - 2 pm • Music from 12 noon - 3 pm

For details call 787-707-3535 x 200/206 • Please Call For Reservations

It takes an entire community to make this

Schedule of Events...

3 July

- Amusement Rides
from noon to 10 pm
- Reggaeton & DJ Music
4 - 8 pm
• DJ Blaster • Special Eric • El Levita
• Alex Zurdo • Manny Montes
- Reggaeton Contest*
Show your Improv Skills!
8:30 - 9:30 pm
Trophies for 1st, 2nd & 3rd Place
- Clowns and Face Painting
from 4 - 8 pm

**Also: Inflatables,
Food Kiosks, & more!**

* Derogatory remarks about females, sexually explicit expressions and irreverent language will not be allowed.

Join the Celebration at the Cabaña Picnic Area

4 July

- Amusement Rides
from noon to 10 pm
- DJ Music
12 noon - 9 pm
- Steel Band
1 - 2 pm
- Parade
2 pm
- Jazz Band
2:30 3:30 pm
- Clowns and Cotton Candy
from 4 - 8 pm
- Jerry & the Cadillacs (Rock n' Roll)
4 - 5:30 pm
- Conjunto Quisqueya
6 - 7:30 pm
- El Gran Combo
8 - 9:30 pm

4th of July

the Best!

FIREWORKS
4 July @ 7:30 pm



Sponsored by:

- One Link Comm.
- Holiday Inn - Ponce
- Pentagon Federal Credit Union
- Burger King
- Sprint
- Coors Light

Interested vendors need to contact: Ms. Soto at 787-707-3778 or 787-247-5677

The U.S. Army does not officially endorse sponsor's.